

The Southern Issue

#thebakefeed

bake

FROM SCRATCH™

74 ESSENTIAL SOUTHERN RECIPES

5 Ways with
Hummingbird Cake

[we take the classic
and twist it up!]

Bake Better
Biscuits

HUMMINGBIRD BUNDT CAKE
p. 87

Game
Changing
Icebox Pies

MAY/JUNE 2018 VOLUME 4, ISSUE 3

\$12.99US \$15.99CAN



DISPLAY UNTIL JULY 23, 2018



FEATURING

Praline Pecan Babka

Cold-Oven Pound Cake

The Complete A to Z of Southern Baking





bake
FROM SCRATCH™



- 13 On the Shelf:** Southern, by the Book
This collection of Southern cookbooks will help you master the many facets of Deep South baking
- 15 Retro Redo:** Apple Pie
The all-American treasure gets a deep-fried Southern update
- 19 Bakery Profile:** The Art of Southern Tradition
In the heart of literary and collegiate gem Oxford, Mississippi, Bottletree Bakery provides worldly—yet still distinctly Southern—pastry and bread
- 25 From the Pantry:** Cornmeal
We get into the nitty-gritty behind this essential Southern ingredient, the iconic base of cornbread, spoon bread, and hush puppies

- 29 POUND FOR POUND**
Revisit the decadent golden oldie with cookbook author Ben Mirns as he serves up five shining pound cake remixes, from mini meringue lemon loaves to a black-and-white marble Bundt
- 39 PEACHY QUEEN**
The blushing stone fruit takes the starring role in jumbo muffins, cobbler, and a creamy, triple-layer coconut cake
- 49 SOUTHERN A TO Z**
From Apple Stack Cake to Zesty Lemon Bars, we pay tribute to the venerable desserts, bakers, and ingredients that have helped shape the Southern baking community
- 63 PRAISE THE MAIZE**
Star Southern chef Steven Satterfield dishes his favorite ways to bake with the golden-eared crop, offering corny updates on madeleines, upside-down cake, and more



71 THE BIG CHILL

Southern baker and blogger Kate Wood pumps up the volume on classic icebox pies, giving them crème brûlée, black bottom peanut butter, and triple-chocolate twists

81 5 WAYS WITH HUMMINGBIRD

The intersection between tropical vibrancy and soul-warming Southern comfort, we gave Hummingbird Cake a makeover in loaf cake, cookie bar, and Bundt form

89 THE ESSENTIAL . . . SOUTHERN BISCUITS

Take on Angel, Drop, and Roll-Out Biscuits with our master recipes, tested techniques, and clear visuals to help guide you along the way

101 10 SOUTHERN BAKERS YOU SHOULD KNOW

Our comprehensive list of Southern baking mavens includes a smooth-talking podcaster, a self-made biscuit queen, and a brother-sister team that specializes in wood-fired magic

107 **Origin of a Classic:** Lane Cake

The grand layer cake of lore has earned its place in the annals of Southern history thanks in no small part to the generous pour of bourbon in its fruity filling

111 **Test Kitchen Technique:** Cutting In Butter

To create perfect flaky layers in your baking, study our in-depth look into the three main methods of cutting in butter

113 **Back Page Babka:** Praline Pecan Babka

A favorite New Orleans confection becomes the inspiration for our caramel-glazed and brown sugar-swirled babka

bake

FROM SCRATCH™

may | june 2018

Volume 4, Issue 3

EDITORIAL

EDITOR-IN-CHIEF Brian Hart Hoffman

EDITOR AT LARGE Jennifer V. Cole
ASSOCIATE EDITOR Sophia Jones
ASSISTANT EDITOR Kyle Grace Mills
RECIPE EDITOR Fran Jensen
EDITORIAL ASSISTANT Emmy Carswell
SENIOR COPY EDITOR Rhonda Lee Lothar
COPY EDITOR Meg Lundberg

GROUP CREATIVE DIRECTOR
Deanna Rippey Gardner
ART DIRECTOR Kelly Redding

STYLISTS
Sidney Bragiel, Kim Chiselko, Mary Beth Jones,
Beth K. Seeley

CREATIVE DIRECTOR/PHOTOGRAPHY
Mac Jamieson
SENIOR PHOTOGRAPHERS
John O'Hagan, Marcy Black Simpson
PHOTOGRAPHERS
Jim Bathie, William Dickey,
Stephanie Welbourne Steele
ASSISTANT PHOTOGRAPHER Caroline Smith
SENIOR DIGITAL IMAGING SPECIALIST
Delisa McDaniel
DIGITAL IMAGING SPECIALIST Clark Densmore

FOOD STYLISTS/RECIPE DEVELOPERS
Laura Crandall, Melissa Gray, Kathleen Kanen,
Vanessa Rocchio, Jade Sinacori, Elizabeth Stringer
ASSISTANT FOOD STYLIST/RECIPE DEVELOPER
Anita Simpson Spain
RECIPE TESTER
Ashley Jones

CONTRIBUTING PHOTOGRAPHERS
Erin Austen Abbott, Stephen DeVries, Angie Mosier

DIGITAL MEDIA

MARKETING DIRECTOR Tricia Wagner Williams
ASSISTANT ONLINE EDITOR Emily Esleck
DIGITAL DESIGNER Stephanie Lambert

ADMINISTRATIVE

HUMAN RESOURCES DIRECTOR
Judy Brown Lazenby
IT DIRECTOR Matthew Scott Holt
DEALER PROGRAM MANAGER Janice Ritter
ADMINISTRATIVE ASSISTANT/EDITORIAL
Morgan Crawford

INTEGRATED MARKETING SOLUTIONS

ACCOUNT DIRECTORS
Claire Bucalos [NC, VA, WV, DC, MD]
Hagan Media/Katie Hagan [AL, FL]
Kathy Gross [FL, GA, SC]
Katie Guasco [LA, MS]
Liane Lane [AR, CO, NM, OK, TX]
Rhapsodic Media/Kathy Burke [IL, IN, IA, KS, MN, MO, NE, OH, WI]
DIRECT RESPONSE Hagan Media/Katie Hagan
MARKETING COORDINATOR Megan McIlwain
ADVERTISING PRODUCTION REPRESENTATIVE Kimberly Lewis
GRAPHIC DESIGNER Rachel Collins

For assistance with advertising, please call (888) 411-8995.



CHAIRMAN OF THE BOARD/CEO Phyllis Hoffman DePiano
PRESIDENT/COO Eric W. Hoffman
PRESIDENT/CCO Brian Hart Hoffman
EVP/CFO Mary P. Cummings
EVP/OPERATIONS & MANUFACTURING
Greg Baugh
VP/DIGITAL MEDIA Jon Adamson
VP/CULINARY & CUSTOM CONTENT
Brooke Michael Bell
VP/SHELTER CONTENT Cindy Smith Cooper
VP/ADMINISTRATION Lynn Lee Terry

EDITORIAL & ADVERTISING OFFICE
1900 International Park Drive, Suite 50
Birmingham, AL 35243
Phone: (205) 995-8860

SUBSCRIPTIONS & CUSTOMER SERVICE
Bake from Scratch
P.O. Box 6021, Harlan, IA 51593
Phone: (888) 647-7304
Email: BFScustserv@cdsfulfillment.com

bakefromscratch@hoffmanmedia.com

Bake from Scratch (ISSN 2472-0069) is published bi-monthly by Hoffman Media, LLC, 1900 International Park Drive, Suite 50, Birmingham, AL 35243. The cover and contents of Bake from Scratch are fully protected by copyright and cannot be reproduced in any manner without prior written permission. All rights reserved in all countries.
Subscription Rates: For the United States, \$39.95 per year, 6 issues, add \$10 for postage in Canada, add \$20 elsewhere. Single issue \$12.95 available at newsstands and bookstores. Periodicals postage pending in Birmingham, Alabama, and additional mailing offices. POSTMASTER: Send address changes to Bake from Scratch, P.O. Box 6021, Harlan, IA 51593.
©2018 Hoffman Media, LLC. Printed in the USA.

Guittard.
EST 1868 • SAN FRANCISCO

150

Making chocolate *like we*
mean it for 150 years.

OBSESSED WITH FLAVOR AND FAITHFUL TO CRAFT, WE HAND SELECT
THE FINEST CACAO, PASS DOWN TIME-HONORED RECIPES, AND
TIRELESSLY INNOVATE OUR TECHNIQUES. 150 YEARS ISN'T A MARK
OF OUR LONGEVITY. IT'S A TESTAMENT TO OUR PASSION.

GUITTARD.COM/150

New
Book!
VOLUME 2

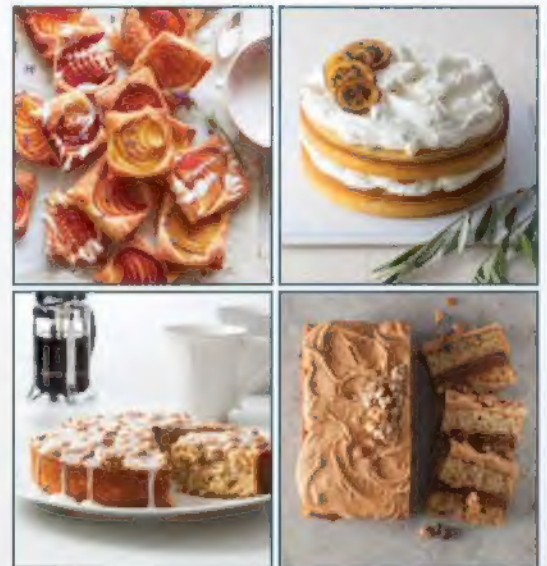
bake

FROM SCRATCH™

ARTISAN RECIPES FOR THE HOME BAKER

This collection of recipes from the second year of *Bake from Scratch* magazine features endless inspiration for home bakers. From the essential hot cross buns and coffee cakes to grilled South African breads and seasonal recipes for baking with strawberries, rhubarb, plums, and more, this hardcover, high-quality cookbook is the go-to resource for those looking to bake artisanal goods at home.

ORDER TODAY!



3 EASY WAYS TO ORDER

Enter or mention discount code **BFSB18C**



Hoffman Media Store
P.O. Box 6302 • Harlan, IA 51593



800-361-8059



HOFFMANMEDIASTORE.COM/BAKEFROMSCRATCH



WELCOME TO THE SOUTHERN BAKING ISSUE,

and welcome to the home of *Bake from Scratch* magazine. We are based in Birmingham, Alabama, and while our mission is to feature the global baking community, it is finally time to showcase the amazing flavors and traditions that make Southern baking so exceptional. And before you even have to ask: Yes, there is a major biscuit feature in this issue (page 89).

For me, baking began with biscuits. With my mom, in her kitchen, using *the* biscuit bowl (photographed) because that bowl is the visual indicator of a recipe that isn't written down. Without that cherished Pyrex bowl, I couldn't recreate "Mom's Biscuits," consisting of three ingredients: vegetable oil, buttermilk, and White Lily self-rising flour. And while they aren't like any other biscuit (chock-full of butter), they are our family's recipe, and the wonderful memories of learning to bake them with my mom come through with each steaming bite (because they must be eaten hot from the oven!).

One of my baking flavor obsessions is Hummingbird. Traditionally filled with banana, pecan, pineapple, and lots of spice, this always-moist, flavor-rich sweet has earned its place in the Southern cake hall of fame. We took it even further with five crave-worthy iterations (page 81), including our cover star, Hummingbird Bundt Cake.

I'm also very excited to include recipe features from three talented Southern bakers. Ben Mims is back with the most epic pound cake recipes (including my favorite, Black-and-White Chocolate Marble Pound Cake on page 36). Kate Wood helps temper the summer heat with her icebox treats, and Steven Satterfield cranks things up with fun and creative ways to bake with corn.

It's not just our Southern accents that make the South so unique; it's the incredible people who are pushing culinary boundaries in innovative ways that have reinvigorated Southern food culture! From defining the A to Z of Southern baking to an exploration of my favorite bakery in Oxford, Mississippi, this issue epitomizes Southern baking—full of flavor, celebrating tradition, and ingenuity in all the most delicious ways.

Happy baking, Y'ALL!

Brian

Brian Hart Hoffman
Editor-in-Chief

Visit
bakefromscratch.com
and follow us
for daily baking
inspiration.



Bake from Scratch



@thebakefeed



@thebakefeed

from the editor



Mom and I still love baking together! —



Boyce



Erin



BOYCE UPHOLT

Boyce Upholt is a freelance writer based in the Mississippi Delta. He was named a 2016 Writer of the Year by the International Regional Magazine Association for his travel and culture writing for *Mississippi Magazine*, where he serves as the small-town spotlight editor. Last year, he canoed from St. Louis, Missouri, to the Gulf of Mexico as part of his research for a book about the Mississippi River.

Favorite Southern Dessert: “When I moved to the South 10 years ago, I fell in love with bread pudding—especially when topped with a good whiskey sauce.”

ERIN AUSTEN ABBOTT

Erin Austen Abbott is a freelance writer and photographer. Her work can be found in such publications as *Esquire* and *Bon Appétit*. She published her first book, *How to Make It: 25 Makers Share the Secrets to Building a Creative Business*, in the spring of 2017 and is currently at work on her second. Erin lives in Water Valley, Mississippi, with her husband, son, and four animals.

Favorite Southern Dessert: “Peach cobbler, warm out of the oven, with homemade ice cream. It always makes me think of summer.”

KEIA MASTRIANNI

Keia Mastrianni is a writer and oral historian based in western North Carolina. Her work focuses on foodways and food culture through the lens of people and regional ingredients. She is the deputy editor for literary farm journal *Crop Stories*. She is also the passionate baker behind the small-batch pie endeavor Milk Glass Pie. She recently coauthored a cookbook with a chef from Charlotte, North Carolina, to be published by UNC Press in spring 2019.

Favorite Southern Dessert: “An old-fashioned chess pie. Egg, butter, sugar, and a little cornmeal make all kinds of magic in the oven.”

STEVEN SATTERFIELD

Steven Satterfield is the executive chef and co-owner of Miller Union, an award-winning, seasonally driven restaurant located in Atlanta’s Westside neighborhood. In 2017, Steven was named Best Chef: Southeast by the James Beard Foundation. His dedication to seasonal cooking and his unwavering support for local farmers is the driving philosophy behind his restaurant and everything he does.

Keia



Steven



Angie



Kate



Favorite Southern Dessert: "I love any kind of pie—especially a fruit pie in a flaky crust. Peach, apple, and sweet potato are three of my favorites. And if it comes in fried pie form, even better!"

ANGIE MOSIER

Angie Mosier is a photographer located in Atlanta, Georgia. She has photographed cookbooks for Eric Ripert, John T. Edge, and Virginia Willis, and is currently at work on a new book with Marcus Samuelsson. Angie is a former professional baker and wedding cake designer who still makes an occasional cake but prefers to let others do the baking so she can enjoy photographing and eating them. She works anywhere the road and the food take her.

Favorite Southern Dessert: "Coconut cake. I love the pillow-like icing covered in shaggy grated coconut."

KATE WOOD

Kate Wood is the self-taught baker, writer, and photographer behind *Wood and Spoon*, a 2017 *Saveur* Blog Award-winning site. Kate is a new transplant to LA (that's Lower Alabama, y'all!), where she and her husband are raising two toddler-size taste testers. She believes in thank-you notes, laughing at yourself, and the magic that happens when good friends share a meal.

Favorite Southern Dessert: "Absolutely any variety of chess pie. À la mode is non-negotiable."

RECIPE INDEX

BARS AND COOKIES

Hummingbird Cookie Bars **86**
Lemon Chess Pie Bars with
Cobbler-Graham
Crust **70**
Spiced Cookie Crust **86**
Zesty Lemon Bars **62**

BREAD

Angel Biscuits **96**
Drop Biscuits **92**
Hummingbird Loaf **87**
Peach and Blueberry
Cornmeal Muffins **48**
Praline Pecan Babka **113**
Roll-Out Biscuits **94**
Sweet Corn, Cheddar, &
Jalapeno Scones **69**
Sweet Cornbread **70**

CAKES

Black-And-White
Chocolate Marble Pound
Cake with Vanilla Bean and
Black Cocoa Glazes **36**
Cassia Hummingbird
Cake **87**
Coconut Peach Cake **47**
Hummingbird Bundt
Cake **87**
Lane Cake **110**
Little Lemon Meringue
Pound Cakes **37**
Mississippi Mud Cake **56**
Peach Pound Cake **45**
Peach Upside-Down
Cake **45**
Roasted Pecan Pound Cake
with Sorghum Streusel **37**
Tomato Caramel-Cornmeal
Upside-Down Cake **67**
Travis Milton's Apple Stack
Cake **50**
Ultimate Southern Cream
Cheese Pound Cake **31**

FROSTINGS, GARNISHES, AND GLAZES

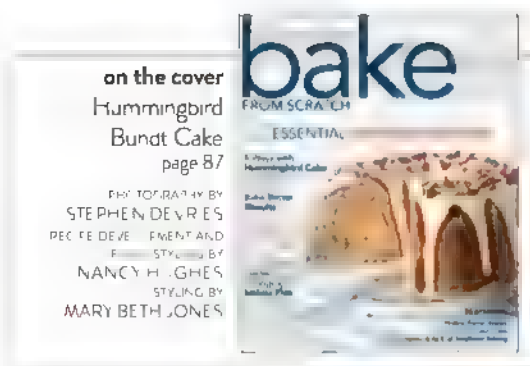
Almond Streusel **48**
American Buttercream **48**
Apple Butter **50**
Black Cocoa Glaze **36**
Buttermilk Glaze **45**
Buttermilk Whipped
Cream **88**
Caramel Pecan Glaze **113**
Chocolate Glaze **56**
Cream Cheese Frosting **87**
Cream Cheese Icing **87**
Icing **54**
Lane Cake Frosting **110**
Lemon Syrup **38**
Pecan-Oat Streusel **88**
Sautéed Apples **50**
Sorghum Streusel **37**
Vanilla Bean Glaze **36**
Vanilla Glaze **88**

MISCELLANEOUS

Beignets **51**
Bourbon Simple Syrup **110**
Duke de Leche **52**
Lane Cake Filling **110**
Peach Simple Syrup **48**
Pecan Pralines **58**
Sweet Corn and Gruyère
Soufflé **67**
Sweet Corn Madeleines **70**

PASTRIES, PIES, AND TARTS

Apple Pie **16**
Banana Coconut Cream
Pie **78**
Berries and Cream Pie **79**
Black Bottom Peanut
Butterbox Pie **80**
Bourbon-Pineapple Pound
Tart **38**
Brûléed Key Lime Pies **78**
Chocolate Bourbon Pecan
Tassies **60**
Chocolate Crust **79**
Coconut Tassies **60**
Lemon Chess Tassies **60**
Cream Cheese Pastry
Dough **60**
Crostatas Dough **47**
Fried Apple Hand Pies **17**
Graham Cracker-Pecan
Crust **79**
Hummingbird Pie **88**
Peach & Basil Cobbler **45**
Peach Blackberry Bourbon
Crostatas **47**
Pecan Pecrust **88**
Pecrust Dough **16**
Triple Chocolate Pie **79**
Vanilla-Coconut Crust **78**
Vinegar Pie **61**



RESOURCES

Southern A to Z Page 52

Caramel cake courtesy Sugaree's
Bakery, sugarees.com Photo of Edna
Lewis by John T. Hill

Page 55

Assorted fruit kolaches courtesy
Kolache Factory, kolachefactory.com

Page 57

Photo of 'Nana Puddin'' by Squire Fox.

Page 59

Photo of Patricia Barnes by Vicki Popwell.

10 Southern Bakers to Know

Page 101-102

Photo by Kate Thompson.

Page 103

Caria Tomasko photography by
Andrew Thomas Lee Carrie Morey
photography by Jason Stemple

Page 104

Justin Burke Samson photography
by Jamey Price Cynthia Wong
photography by Andrew Cebulka

Page 105

Photo of Amanda Faber by Dasha
Crawford Cake photo by Amanda
Faber. Photo of Phoebe Lawless by
Lisa Gotwals Scratch Bakery photo by
Charles Samuels

Page 106

Lisa White photography by Andrea
Behrends. Photo of Evrim and Evin
Dogu by Roman Cho



CRIMINALLY Enticing

INDULGE IN MYSTERIES...

with a Little Something for Every Home Baker & Recipe Maker!

The Diva Cooks Up a Storm

Just because Sophie Winston is putting a murderer on ice doesn't mean there's no time for her to share her favorite recipes and entertainment tips!

Bleeding Tarts

A little bit of murder...and a lot of pie—with recipes you can try!

Expiration Date

The competition is deadly in this cookoff, but you'll never have to leave the safety of your own kitchen when you're following the clues to fresh recipes

Who Moved My Goat Cheese?

Killer Green Tomatoes

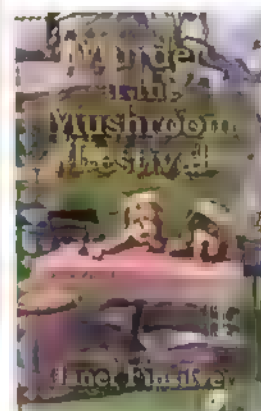
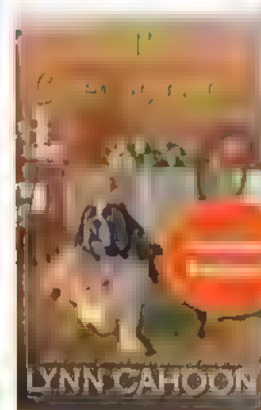
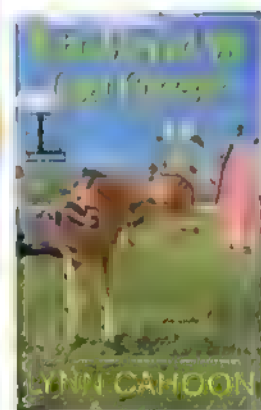
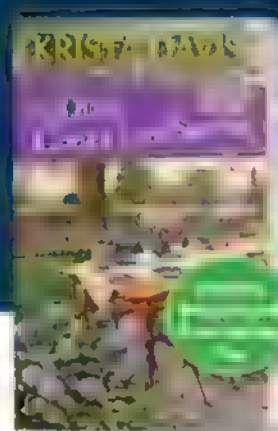
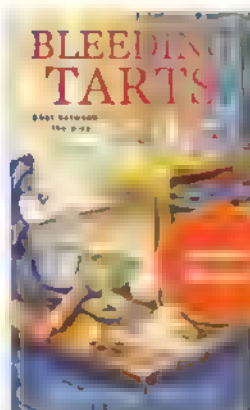
Cook your way to a killer alongside Angie Turner with the exclusive recipes featured in the new Farm-to-Fork mystery series

Murder Made to Order

Will the owner of the All-Day Breakfast Cafe have to hang up her apron, or can she figure out a killer's recipe for murder?

Murder at the Mushroom Festival

Things get fungi for B&B manager Kelly Jackson when she hosts a mushroom class where one of the students emerges toes-up under the toad stool!



SOUTHERN, by the book

A GREAT SOUTHERN COOKBOOK SHOULD OFFER MORE THAN JUST RECIPES—IT SHOULD GIVE YOU A LITTLE SLICE OF THE SOUTHERN SOUL. WE ROUNDED UP FIVE SUCH TREASURES THAT SHOWCASE ALL THE GLORIES OF SOUTHERN BAKING'S PAST AND ITS PROMISING FUTURE.

THE BACK IN THE DAY BAKERY COOKBOOK

(Artisan, 2012)

by Cheryl Day and Griffith Day

The retro-chic Back in the Day Bakery, located in Savannah, Georgia, has been a Southern favorite for the past 15 years, in large part based on the charming mix of nostalgia and modern whimsy showcased in owners Cheryl and Griffith Day's baking. As much as it looks to the past, this book is also a bright illustration of the new Southern form of baking: sparkling innovation that doesn't sacrifice tradition.

TRIED-AND-TRUE CLASSIC: 'Nana Puddin', their ode to a Southern classic that is completely scratch-made, from the thick, silky pudding to the crisp broken shortbread cookie layers

SOUTHERN CAKES

(Chronicle Books, 2007)

by Nancie McDermott

Exploring Southern baking exclusively through the prism of cake, Nancie McDermott's *Southern Cakes* offers fascinating tidbits about the storied classics as well as flawless recipes for everything from the venerable Hummingbird and Doberge Cakes to the simple and iconic Coconut and Caramel Cakes.

TRIED-AND-TRUE CLASSIC: Fresh Coconut Cake, one of seven coconut cakes featured in the cookbook and taken from Nancie's personal recipe box.



DESSERTS FROM THE FAMOUS LOVELESS CAFE

(Artisan, 2011)

by Alisa Huntsman

Since 1951, Loveless Cafe has acted as a soul food and barbecue mecca in Nashville, Tennessee, but their outstanding biscuits and desserts have pushed them over the edge into national treasure status. Their cookbook, *Desserts from the Famous Loveless Cafe*, is an exercise in down-home, comfort baking from one of the best in the business.

TR ED-AND-TRUE CLASS C: Honey Chess Pie, a creamy, custardy dessert that calls for high-quality local honey worthy of this rich pie.

THE CHURCH LADIES' DIVINE DESSERTS

(HP Books, 2003)

by Brenda Rhodes Miller

Highlighting a unique and often overlooked intersection of Southern food culture, *The Church Ladies' Divine Desserts* is an intimate look at the sweet cuisine born of the African American church-going experience.

With recipes gathered from the personal collections of famed "church ladies" from around the South, this book illuminates the power baking has had on building communities and congregations

TR ED-AND-TRUE CLASS C: Spicy Devil's Food Cake, a literal hot take on the chocolate Southern favorite, enrobed in rich caramel frosting

CHARLESTON RECEIPTS

(The Junior League of Charleston, Inc., 1950)

edited by Mary Vereen Huguenin and Anne Montague Stoney

America's oldest in-print Junior League cookbook is a selective slice of Southern cuisine: 300 years of table fare from Charleston, South Carolina. From the antiquated beaten biscuit to the famous Lady Baltimore Cake, this selection of "receipts" is the ultimate guide to Lowcountry desserts and baking, with a particularly cherished glimpse of Gullah language and flavor.

TR ED-AND-TRUE CLASS C: Huguenot Torte, a.k.a. Ozark Pudding, the love child between an apple crisp and a nutty pecan pie. 6



retro redo

APPLE PIE

A KENTUCKY READER REVEALS WHY ONE SPECIAL PIE SERVED AS THE GRAND FINALE TO HER SUMMERS SPENT IN THE FOOTHILLS OF THE BLUE RIDGE MOUNTAINS. WE REVITALIZE THE CLASSIC AMERICAN RECIPE, GIVING IT A DOUBLE DOSE OF SOUTHERN SWEETNESS.

AS TOLD TO SOPHIA JONES
REDO RECIPE AND FOOD STYLING BY ELIZABETH STRINGER



I still dream of those summers in Virginia. Growing up, my little sister Emily and I would spend the break visiting our great aunt Bess on her farm just outside of Bedford, a quaint town in central Virginia between Roanoke and Lynchburg. Every June, as soon as school got out, my mother sent us by train from our hometown in Lexington, Kentucky. Emily and I spent the entire ride eagerly planning our adventures for the months ahead—midday dips in the creek, games of hide-and-seek barefoot in the soft grass of the apple orchard, and—our favorite—baking sessions with Aunt Bess. We'd make biscuits and berry cobblers, but the best treat didn't come until the end of summer in late August when we baked apple pie. From the proper way to set a table and write a thank-you note to how to bat a hook and saddle a horse, Aunt Bess taught me many valuable skills. Yet her lessons in how to bake delectable, tender apple pie are what I'm grateful for most.

As autumn crept in and the air turned crisp, the apples were just ripe enough to pick before the official harvest season began. Aunt Bess, Emily, and I would head to the orchard in the morning, picking apples from the outer limbs on the southern side of the trees—those tend to ripen the fastest. Aunt Bess toted the apples back to the house in the two deep pockets of her time-worn apron, and we'd spend the afternoon making pie.

"Remember, cold is key," she'd tell us as she retrieved the butter from the icebox. We'd put her favorite Nat King Cole record on, and Aunt Bess would tap her foot in tune to the music as she used two knives to cut the butter into the flour. She'd help guide Emily's and my hands as we took turns rolling out the dough with her sturdy maple rolling pin, reminding us to maintain a steady pressure. Emily and I would peer over the kitchen counter in awe as she showed us how to arrange the strips of dough on top of the spiced apple slices to form a flawless lattice. After the golden pie cooled in the windowsill, we'd enjoy it with a hearty scoop of home-churned vanilla ice cream. Gently rocking on the porch swing, Emily and I, sitting on either side of Aunt Bess, we'd watch for fireflies emerging in the dusk. "Here's to my favorite bakers," Aunt Bess would say, and we'd gently clink our spoons together before taking the first bite.

—Ethel Davis,
Lexington, Kentucky

THE ORIGINAL

APPLE PIE

Makes 1 (9-inch) pie

There are few things more Southern than a from-scratch slice of pie. The combination of spiced apple filling and buttery double crust is as close to simple perfection as a dessert can get. Remember, cold ingredients and limited handling of the dough create the flakiest crust.

Piecrust Dough (recipe follows)

- ½ cup (67 grams) granulated sugar**
- ½ cup (73 grams) firmly packed light brown sugar**
- 3 tablespoons (24 grams) cornstarch**
- 1 teaspoon (2 grams) apple pie spice**
- ¼ teaspoon kosher salt**
- 4 cups (670 grams) sliced Gala or Fuji apples (about 2½ pounds)**
- 1 tablespoon (15 grams) fresh lemon juice**
- 1 large egg (50 grams)**
- 1 tablespoon (15 grams) water**

1. Preheat oven to 375°F (190°C)
2. Let Piecrust Dough stand at room temperature until slightly softened, about 15 minutes. On a lightly floured surface, roll half of dough to ⅛-inch thickness. Transfer to a 9-inch pie plate, pressing into bottom and up sides. Trim excess dough to ½ inch beyond edge of plate.
3. In a large bowl, whisk together sugars, cornstarch, apple pie spice, and salt. Add apples and lemon juice, tossing to coat. Spoon apple mixture into prepared crust.
4. On a lightly floured surface, roll remaining dough to ⅛-inch thickness. Using a sharp knife or a fluted pastry wheel, cut 6 (1-inch-wide) strips. Arrange strips in a lattice design on top of filling. Trim strips to ½ inch beyond edge of plate. Fold edges under, and crimp as desired.
5. In a small bowl, whisk together egg and 1 tablespoon (15 grams) water. Brush dough with egg wash.
6. Bake until crust is golden brown and apples are tender, 50 minutes to 1 hour, loosely covering with foil after 30 minutes of baking to prevent excess browning.

PIECRUST DOUGH

Makes 1 (9-inch) double crust

- 4 cups (500 grams) all-purpose flour**
- ½ cup (100 grams) granulated sugar**
- ½ teaspoon (1.5 grams) kosher salt**
- ¾ cup (170 grams) cold unsalted butter, cubed**
- ¾ cup (180 grams) ice water**

1. In the work bowl of a food processor, place flour, sugar, and salt, pulse until combined. Add cold butter, and pulse until mixture is crumbly. With processor running, add ¾ cup (180 grams) ice water in a slow, steady stream until a dough forms.
2. Divide dough in half, and shape each half into a disk. Wrap tightly in plastic wrap, and refrigerate for at least 30 minutes or overnight.



THE REDO

WE LOVE A SOUTHERN HEIRLOOM, ESPECIALLY WHEN IT'S A RECIPE. THOUGH NOTHING BEATS THE CLASSIC, ETHEL ASKED US TO GIVE HER GREAT AUNT'S GO-TO RECIPE A 21ST-CENTURY TWIRL-UP. HERE'S OUR UPDATE.

FRIED APPLE HAND PIES

Makes about 20

It is a truth universally acknowledged in the Deep South: Everything is better fried. Apple pie is no exception. These half-moon pastries take all that was good about the original and add a hefty dose of crispy, crunchy (and cinnamon sugar-coated) crust by deep-frying them.

- 1½ cups (267 grams) granulated sugar, divided**
- ½ cup (73 grams) firmly packed light brown sugar**
- 3 tablespoons (24 grams) cornstarch**
- 1 teaspoon (3 grams) apple pie spice**
- ¼ teaspoon kosher salt**
- 4 cups (525 grams) diced peeled Gala or Fuji apples (about 2½ pounds)**

- 1 tablespoon (15 grams) fresh lemon juice**
- Piecrust Dough (recipe on page 16)**
- 1 large egg (50 grams)**
- 1 tablespoon (15 grams) water**
- 1 gallon (3,790 grams) peanut oil, for frying**
- 1 tablespoon (6 grams) ground cinnamon**

- 1.** In a large skillet, whisk together ½ cup (67 grams) granulated sugar, brown sugar, cornstarch, apple pie spice, and salt. Add apples and lemon juice, tossing to coat. Cook over medium heat until apples are tender and filling is thickened, about 20 minutes. Let cool for 10 minutes.
- 2.** Let Piecrust Dough stand at room temperature until slightly softened, about 15 minutes. On a lightly floured surface, roll half of dough to ⅛-inch thickness. Using a 4½-inch round cutter, cut dough, rerolling scraps only once.

- 3.** In a small bowl, whisk together egg and 1 tablespoon (15 grams) water. Brush edges of dough with egg wash. Place 2 teaspoons filling in center of each round. Fold dough over filling. Crimp from center to edges, gently pressing in any filling as you go. Pick up and pinch edges to seal. Freeze for 20 minutes.
- 4.** In a large stockpot, heat oil over medium-high heat until a deep-fry thermometer registers 360°F (182°C). Place paper towels on a wire rack.
- 5.** In a small bowl, whisk together cinnamon and remaining 1 cup (200 grams) granulated sugar.
- 6.** Working in batches, fry hand pies for 5 to 7 minutes until golden brown. Carefully remove from hot oil, and immediately toss in cinnamon sugar mixture. Let drain on prepared rack. Serve warm.

Have an heirloom recipe you want to see updated? In every issue, we're revamping one lucky reader's beloved vintage recipe. Email submissions to bakefromscratch@hoffmanmedia.com. Visit bakefromscratch.com/wanted-retro-recipes for entry details. 📧

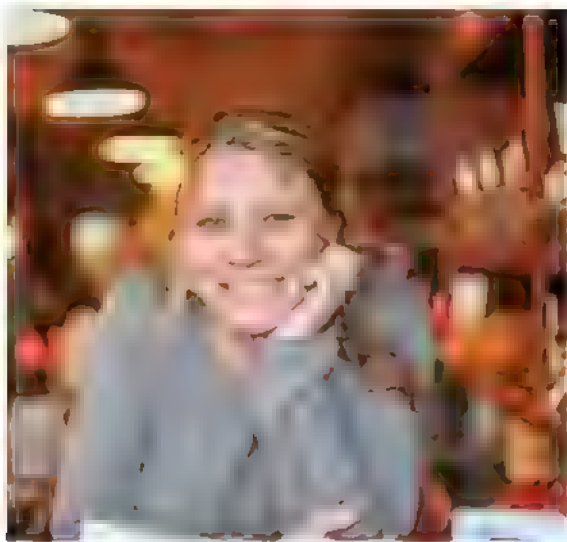


bakery profile

THE ART



OF SOUTHERN TRADITION



FOR MORE THAN TWO DECADES, THE FOLK ART-FILLED BOTTLE TREE BAKERY HAS BEEN ESSENTIAL TO THE OFFBEAT CHARM OF OXFORD, MISSISSIPPI. AND WITH CYNTHIA GERLACH'S SCRATCH-MADE PASTRY DRAWING CROWDS DAILY, IT'S NOT GOING ANYWHERE.

BY BOYCE UPHOLT

PHOTOGRAPHY BY ERIN AUSTEN ABBOTT

Oxford, Mississippi, with its white-columned, Italianate courthouse, has a romantic turn-of-the-last-century feel. But in terms of food, at least, this place is modern. On a courthouse square once lined with groceries and cafés, restaurants sell wood-fired pizzas and rabbit confit. Even the local diner has Asian-fusion red-beans-and-rice egg rolls. Oxford is a must-stop road-trip food town.

Through that food scene's three-decade growth, Bottletree Bakery has been a mainstay. Its success will be unsurprising to any visitor. The glass case that greets you is crammed with scones, gleaming with sugar crystals, a cascade of tomato-and-basil focaccia streams over its top. Crusty loaves of sourdough and ciabatta rest in baskets above the cashier



To these continental flavors, Bottletree adds a distinctly Southern charm. The walls riot with colors—almost every surface is covered with folk art, drawn from the collection of owner and (trained folklorist) Cynthia Gerlach. Around a hodgepodge of tables and along the 16-foot wood-topped counter that runs down the right wall, diners sit—some Southern debonair, some bristly bearded hipster—sipping coffee and flipping through newspapers. It's the kind of small-town scene you could have seen in any decade over the past century.

Cynthia is not a Southerner, at least not by birth. She arrived in Oxford from Portland, Oregon, more than 30 years ago to attend the University of Mississippi. She figured she'd study physics—and then she took a folklore class. "That changed everything," she says. "I became Oxford-ized."

Those late '80s, early '90s years have become the stuff of local legend. Cult bands from the area were at their beginnings. Legendary Southern writers like Barry Hannah and Larry Brown gave this small city a literary glow. City Grocery, the restaurant that launched Oxford's culinary reputation, opened in 1992.

What Oxford lacked, though, was a place where that community could drink good coffee and eat fresh-baked bread. Cynthia, who had always stockpiled such goodies on trips home to Oregon, decided she could make a space for them in Oxford. As a 25-year-old, fresh off a master's degree in Southern Studies, Cynthia found an empty space—a former flower shop—and converted it into a bakery. (She still uses the coolers that once held flower arrangements.)

Cynthia's parents were devoted at-home bakers and had helped her master muffins and scones. In 1995, as she prepared to open, she spent hours self-training in the kitchen, fine-tuning her French pastry (all her pastries are made with croissant or brioche doughs) and breads. Twenty-three years later, it's apparent that it worked. Hold a loaf of her sourdough and you're wrapped in a warm aura of garlic and rosemary; bite in and the flavors are leavened by a slight twist of tartness and that perfect chewy give

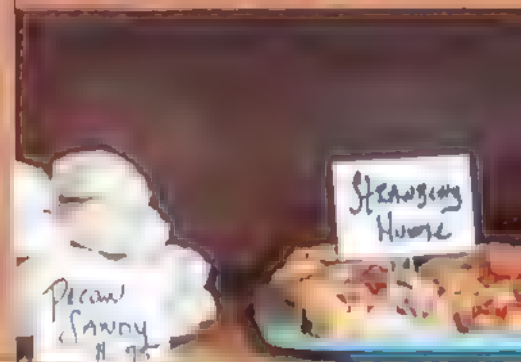
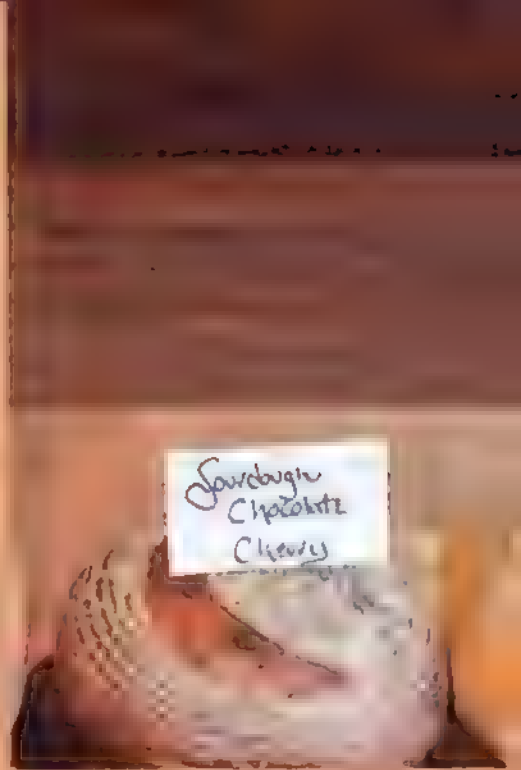


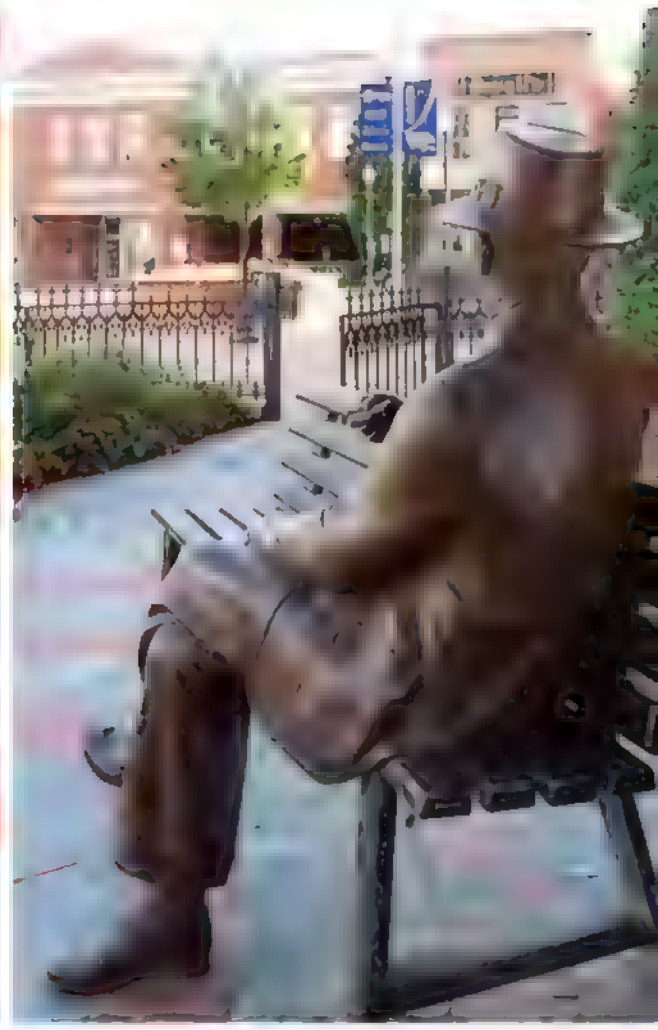


GO THERE

Bottletree Bakery
923 Van Buren Ave
Oxford, Mississippi
662 236 5000
www.facebook.com/bottletreebakery







The bakery's name is a reference to an African American tradition in which blue milk-of-magnesia bottles were hung on tree branches. "You'd know you were safe when you heard it rattle because that was the spirits caught inside the bottles," Cynthia explains. Sometimes—say, when the espresso machine shorts out in the middle of a busy week—Cynthia doubts that the bakery's name has yielded much luck. But longevity proves otherwise.

In the 23 years since Bottletree Bakery opened, Oxford has more than doubled in size. Cynthia is proud to represent the legendary old Oxford days. In one corner of the bakery, she's hung a sign from a beloved grocery; the owner walked it in himself after the city bought his location around the corner, on the square.

She also celebrates the South's long folk traditions, and not just through the art. She designed ceiling panels to mimic the ornate tin roofs of old Southern restaurants. The seafoam-green counter is a relic from a 1940s-era eatery, the BonTon Café. A friend found the abandoned restaurant while rambling in the Mississippi Delta. It's been a Bottletree icon since the bakery opened.

All these touches have created what Cynthia calls "a breathing food-coffee-brioche-stuffed folk art extension" of the Southern Studies program where she got her degree. It's also a kind of public living room, Cynthia hopes diners will linger over coffee and rearrange tables. Many of the regulars are faculty and graduates of that program.

One regular, a historian, gifted Cynthia a copy of the new *Mississippi Encyclopedia*, which he coauthored. On a recent morning, he sat at the counter, sharing coffee with colleagues as, a few seats over, an out-of-town visitor flipped through the text. Along the counter, college students held out cell phones, grabbing Instagram shots: an almond-flecked Danish oozing with honey cream, a pile of strawberry slices emerging from a petite loaf of pillowy brioche dusted in sugar.

It's quite likely those students' parents sat on the same stools, eating the pastries made from the same recipes. If the good luck holds, another generation might do the same. The Bottletree tradition is one that deserves to live on. ☺

from the pantry

CORNMEAL

THIS SOUTHERN STAPLE ADDS
TEXTURE, VERVE, AND FLAVOR TO
YOUR BAKED GOODS

BY KEIA MASTRIANNI

In the hallowed pantry of Southern ingredients, right next to the buttermilk and lard, perhaps towering above the two, is cornmeal. Derived from the very essence of sustenance, cornmeal is the versatile ingredient that has sustained native peoples (and, later, Southerners) since the first corn seed sprouted thousands of years ago. Sallie F. Hill wrote in *The Progressive Farmer's Southern Cookbook* (1961), "To try to cook without cornmeal in the South is a lost cause."

Cornmeal is the result of grinding dried corn kernels into fresh meal. Before the advent of the mill, American Indians shared the work of processing corn into meal, pounding dried kernels of white, blue, red, and yellow corn in a mortar with a mighty pestle. Since its beginnings, cornmeal has fortified body and soul; the very nature of its production generated community. In the 19th-century South, grist mills dotted the landscape and served doubly as a place to grind homegrown grain and as a gathering place. Back then, subtle nuances in flavor and color were indicative of the region in which the corn was grown and, more specifically, the grower.

By the mid-20th century, industrialization all but eliminated those subtleties and a more homogenous product emerged. In place of stone-ground mills, which preserved the germ and nutrient value of corn, were automated steel rollers, which stripped the corn of its germ and nearly all of its nutrients. Shelf stability and speedy production trumped homegrown meal, and modern cornmeal—convenient, consistent, and readily available—lined the shelves.

These days, flavor is king, and a cadre of individuals have taken interest in resurrecting the nuances of old. Growers and artisans across the South have revived heirloom varieties of corn, those with superior flavor and jewel-toned kernels. For bakers, this is a boon—to stud a piecrust with the crimson flecks of Jimmy Red corn or bake a cake with golden antebellum meal from Anson Mills. In a cookie scented with nutmeg, coarse yellow cornmeal adds texture and flavor. To the classic Southern chess pie, it adds depth and heft to the elemental filling.



At its most basic, cornmeal mixed simply with water or milk can become a nourishing porridge, or gruel. Add salt, hog fat, and the galvanizing heat of fire, and simple breads arise. From hoecakes to griddle cakes, corn sticks to corn pone, and, not least, the canonized cornbread of Southern culture—there are as many variations as there are grains of meal.

And what of those grains? They can be ground coarse or fine, into grits, polenta, or meal. They add texture and body to baked goods from muffins to biscuits to pound cakes. Breakfast lovers can find their groove in a baked grits casserole or with cornmeal waffles and feather-light pancakes. Where the French have their soufflé, Southerners have spoon bread: cornmeal, butter, milk, and eggs made ethereal. Ground very fine, cornmeal morphs into corn flour, and when soaked in an alkaline solution, a process called nixtamalization, corn flour becomes masa for tortillas and tamales. Coarsely nixtamalized meal turns into hominy grits.

Today, newly revived varieties of corn offer a broad spectrum for bakers to unlock a wonder of texture and flavor. A humble ingredient on its own, cornmeal has fed generations. Paired with the scions of Southern ingredients, cornmeal takes its rightful place as cream of the crop, a baker's staple.

BAKE WITH CORNMEAL

In this issue, don't miss:

Peach and Blueberry Cornmeal Muffins, page 48

Tomato Caramel Cornmeal Upside-Down Cake, page 67

Lemon Chees Bars with Cornmeal-Graham Crust, page 70

Sweet Corn Madeleines, page 70



OUR PANTRY MEAL TIME

These Southern producers are grinding heirloom varieties worth trying.

Geechie Boy Mill

Edisto Island, South Carolina

Jimmy Red Cornmeal adds rich flavor and stunning red flecks to piecrusts, muffins, and other baked goods.

geechieboymill.com; \$10 for a 2-pound bag

Pungo Creek Mills

Painter, Virginia

Sweet, with cornmeal made with an heirloom variety preserved since 1900 and stone-ground on the Eastern Shore of Virginia.

pungocreekmills.net; \$6 for a 2-pound bag

McEwen & Sons

Wilsonville, Alabama

Italian Red Corn Polenta, made from Floriani Red Flint. Warm pink hues when cooked and a rich, complex flavor perfect for tea cakes and pound cakes.

mcewenandsons.com; \$12.95 for a 2-pound bag

Anson Mills

Columbia, South Carolina

Nineteenth-century heirloom varieties focused on superior flavor. The Antebellum Fine Yellow Cornmeal adds tenderness to cakes and turns out a texturally stunning chess pie.

ansonmills.com; \$5.95 for a 12-ounce bag

Red Mule Grits from Mills Farm

Athens, Georgia

Mule-powered mill grinding organic corn into cornmeal and a fine baking product called Polenta de Georgia.

redmulegrits.us; \$4.00 for a 2-pound bag



POUND FOR POUND



WHEN IT COMES TO THE SUPREMACY OF SOUTHERN CAKES, THE POUND TAKES THE CROWN. TRADITIONAL POUND CAKE RECIPES CALL FOR A POUND EACH OF THE FOUR MAIN INGREDIENTS – FLOUR, BUTTER, SUGAR, AND EGGS—HENCE THE DESSERT’S NAME. COOKBOOK AUTHOR (AND MISSISSIPPI NATIVE) BEN MIMS REIMAGINES THIS SOUTHERN CLASSIC WITH A MULTITUDE OF CONTEMPORARY FORMS AND FLAVORS.

RECIPE DEVELOPMENT AND FOOD STYLING BY BEN MIMS
PHOTOGRAPHY BY MARCY BLACK SIMPSON
STYLING BY BETH K. SEELEY



ULTIMATE SOUTHERN CREAM CHEESE POUND CAKE

Makes 1 (10-inch) cake

When you say “pound cake” to a Southerner, they usually think of something intensely rich, tall, and capped with a crackling crust of butter and sugar so good that people fight over it. In this cake, the butter, flour, and egg match in proportion, but the sugar is almost double the weight, which ensures that crackling crust and gives the cake the requisite sweetness that Southern palates are known to love. Cream cheese not only adds extra fat (flavor!), but also moisture, stability, and some tang to balance all that sugar.

- 1½ cups (340 grams) unsalted butter, room temperature**
- 8 ounces (225 grams) cream cheese, room temperature**
- 3 cups (600 grams) granulated sugar**
- 1 tablespoon (13 grams) vanilla extract**
- 1½ teaspoons (4.5 grams) kosher salt**
- 6 large eggs (300 grams), room temperature**
- 3 cups (375 grams) cake flour**

- 1.** Preheat oven to 325°F (170°C). Butter and flour a 10-inch straight-sided tube or angel food cake pan.
- 2.** In the bowl of a stand mixer fitted with the paddle attachment, beat butter, cream cheese, sugar, vanilla, and salt at medium speed until fluffy and pale, at least 8 minutes. Add eggs, one at a time, beating until there are no streaks of yolk left after each addition, about 15 seconds. Scrape bottom and sides of bowl with a rubber spatula. With mixer on medium-high speed, beat until superlight and airy, at least 3 minutes. Add flour, and stir with a rubber spatula just until combined. Spoon batter into prepared pan, and smooth top.
- 3.** Bake until cake has a lightly raised, cracked dome, is golden brown on top, and a wooden pick inserted near center comes out clean, 1 hour and 30 minutes to 1 hour and 40 minutes. Let cool in pan on a wire rack for 10 minutes. Invert cake onto a plate, and unmold from pan. Turn cake right-side up, and let cool completely on wire rack.



PRO TIP

As with all cake recipes, but more so here, having the butter and cream cheese at true room temperature is vital to the two ingredients incorporating smoothly into the batter. Your best bet is take the butter and cream cheese out of the refrigerator the night before you plan to bake. That way, there's no guessing that it's at the perfect temperature and consistency.







PRO TIP

The cold-oven method gives batter extra time to rise, producing an extra-smooth, tender crumb. It's great for cakes like this where there is no leavening besides the air trapped inside the creamed butter and sugar.



BLACK-AND-WHITE CHOCOLATE MARBLE POUND CAKE WITH VANILLA BEAN AND BLACK COCOA GLAZES

Makes 1 (10-inch) Bundt cake

It never gets old to marble chocolate and plain batters into a pound cake. For a modern update, however, I use black cocoa for the chocolate batter, which gives it a dark richness, and white chocolate in the “plain” batter to offset the bitter cocoa with sweetness. I scoop both batters alternately into the Bundt pan using a spring-loaded ice cream scoop to create the marbled design without swirling the batters together, but feel free to pour both batters into the pan and swirl the batter with a table knife if you like.

- 2 cups (454 grams) unsalted butter, room temperature and divided
- 3 cups (600 grams) granulated sugar, divided
- 3 teaspoons (12 grams) vanilla extract, divided
- 2 large eggs (100 grams), room temperature
- 4 large egg yolks (74 grams), room temperature
- $\frac{1}{4}$ cup (64 grams) black (Dutch process) cocoa powder*, sifted
- $2\frac{1}{4}$ cups (281 grams) cake flour, divided
- 2 teaspoons (6 grams) kosher salt, divided
- $\frac{1}{2}$ cup (120 grams) whole buttermilk, room temperature
- 4 large egg whites (120 grams), room temperature
- 4 ounces (115 grams) white chocolate, melted

Vanilla Bean Glaze (recipe follows)

Black Cocoa Glaze (recipe follows)

1. Butter and flour a 10-inch Bundt pan.
2. In the bowl of a stand mixer fitted with the paddle attachment, beat 1 cup (227 grams) butter, $\frac{1}{2}$ cups (300 grams) sugar, and $\frac{1}{2}$ teaspoons (6 grams) vanilla at medium speed until fluffy and pale, at least 6 minutes. Add eggs, one at a time, beating well after each addition, about 15 seconds. Add egg yolks, two at a time, beating well after each addition, about 15 seconds. Scrape bottom and sides of bowl with a rubber spatula. With mixer on medium-high speed, beat until smooth, about 1 minute. Add cocoa, $\frac{1}{4}$ cup (94 grams) flour, and 1 teaspoon (3 grams) salt. With mixer on low speed, add buttermilk, beating just until batter comes together. Scrape bottom and sides of bowl with a rubber spatula, and stir just until combined. Scrape back batter into a bowl, and set aside.

3. Return clean bowl to stand mixer. With the paddle attachment, beat remaining 1 cup (227 grams) butter, remaining $\frac{1}{2}$ cups (300 grams) sugar, and remaining $\frac{1}{2}$ teaspoons (6 grams) vanilla at medium speed until fluffy and pale, at least 6 minutes. Add egg whites, one at a time, beating well after each addition, about 15 seconds. Scrape bottom and sides of bowl with a rubber spatula. With mixer on medium-high speed, add melted white chocolate, beating until smooth, about 1 minute. Add remaining $\frac{1}{2}$ cups (187 grams) flour and remaining 1 teaspoon (3 grams) salt, and stir with a rubber spatula just until combined.

4. Using a large (2- to 3-ounce) spring-loaded ice cream scoop, alternately scoop white and black batters into prepared pan. Tap pan lightly on counter to settle batter.

5. Place pan in a cold oven, and bake at 300°F (150°C) until lightly browned on top and a wooden pick inserted near center comes out clean, $\frac{1}{2}$ to 2 hours. (This bake time depends on how long it takes your oven to preheat. Start checking after $\frac{1}{2}$ hours, and continue baking in 10-minute intervals until cake is done.) Let cool in pan on a wire rack for 10 minutes. Invert cake onto wire rack, and unmold from pan. Let cool completely.

6. Alternately spoon Vanilla Bean Glaze and Black Cocoa Glaze onto cake, letting each one drip down grooves of cake. Alternately, pour Black Cocoa Glaze over cake, and let stand until hardened, about 10 minutes. Pour Vanilla Bean Glaze over top, and let stand until hardened, about 10 minutes.

**Black cocoa is available online or in specialty food stores. We used King Arthur Flour Black Cocoa, but any brand will work. Black cocoa is a deeper color than regular cocoa and further alkalized—or “Dutch processed”—to remove virtually all acidity. To make sure it doesn’t dry out the cake batter, this recipe has extra buttermilk to provide more moisture and acidity.*

VANILLA BEAN GLAZE

Makes about $\frac{1}{2}$ cup

- 1 cup (120 grams) confectioners’ sugar, sifted
- 2 tablespoons plus 2 teaspoons (40 grams) heavy whipping cream
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ plump Bourbon-Madagascar vanilla bean, split lengthwise, seeds scraped and reserved

1. In a small saucepan, combine all ingredients. Cook over low heat, stirring constantly, until

smooth and no lumps remain. Pour glaze into a bowl, and let cool until it falls off a spoon in a thick, heavy stream.

BLACK COCOA GLAZE

Makes about $\frac{1}{2}$ cup

- $\frac{1}{4}$ cup (90 grams) confectioners’ sugar, sifted
- $\frac{1}{4}$ cup (21 grams) black (Dutch process) cocoa powder, sifted
- 3 tablespoons (45 grams) heavy whipping cream
- $\frac{1}{4}$ teaspoon kosher salt

1. In a small saucepan, combine all ingredients. Cook over low heat, stirring constantly, until smooth and no lumps remain. Pour glaze into a bowl, and let cool until it falls off a spoon in a thick, heavy stream.

PRO TIP

These recipes call to cream the butter and sugar together for 6 to 8 minutes, an inordinately long time for a cake recipe. Because traditional pound cakes don’t use chemical leavening, all their lift comes from the air whipped into the butter and sugar during this step, so it’s important to get as much air in the batter as possible. The long beating time ensures this lift and that the butter and sugar will easily absorb the eggs and other ingredients, producing a supersmooth, even crumb once baked.





ROASTED PECAN POUND CAKE WITH SORGHUM STREUSEL

Makes 2 (9x5-inch) loaves

If plain pound cake is your pair of everyday sneakers, then this pound cake is your special-occasion stilettos. Roasted pecans are finely ground with sugar and then whipped with butter into a nutty batter enriched with sour cream. The crumbly cake is topped with a streusel imbued with fragrant sorghum syrup. Sorghum, a cereal grain that grows abundantly and is a popular ingredient in Southern cuisine, complements the pecans with its signature bitter, leathery taste. I love to serve thick slabs of the cake drizzled with an extra shot of sorghum on the corner so you can dip or smear your bites with as much extra syrup as you want.

- 2 cups (284 grams) whole pecans
- 1 tablespoon (14 grams) vegetable oil
- 2 cups (400 grams) granulated sugar, divided
- 1 cup (227 grams) unsalted butter, room temperature
- 1 tablespoon (13 grams) vanilla extract
- 1 teaspoon (3 grams) kosher salt
- 4 large eggs (200 grams), room temperature
- 2 large egg whites (60 grams), room temperature
- 2 cups (250 grams) all-purpose flour
- $\frac{1}{2}$ cup (120 grams) sour cream, room temperature

Sorghum Streusel (recipe follows)

Flaked sea salt, for sprinkling

Sorghum syrup, to serve

1. Preheat oven to 350°F (180°C). Butter 2 (9x5-inch) loaf pans. Line pans with

parchment paper, letting excess extend over sides of pans. Butter and flour parchment.

2. Place pecans on a rimmed baking sheet. Drizzle with oil, and toss with your hands until evenly coated. Spread pecans in a single layer on baking sheet.

3. Bake until toasted and fragrant, 8 to 10 minutes. Let cool completely on pan on a wire rack. Reduce oven temperature to 325°F (170°C)

4. In the work bowl of a food processor, place cooled roasted pecans and 1 cup (200 grams) sugar; pulse until pecans are very finely ground and mixed with sugar, about 20 pulses. Transfer pecan sugar to the bowl of a stand mixer fitted with the paddle attachment. Add butter, vanilla, salt, and remaining 1 cup (200 grams) sugar, and beat at medium speed until fluffy and pale, at least 6 minutes. Add eggs, one at a time, beating until there are no streaks of yolk left after each addition, about 15 seconds. Add egg whites, beating well. Scrape bottom and sides of bowl with a rubber spatula. With mixer on medium-high speed, beat until superlight and airy, at least 3 minutes. Add flour and sour cream, and stir with a rubber spatula just until combined.

5. Divide batter between prepared pans, and smooth tops. Break up Sorghum Streusel, and sprinkle over batter in large clumps. (Do not pack it down.) Sprinkle with sea salt.

6. Bake until topping is deep golden brown and a wooden pick inserted in center comes out clean, 1 hour and 30 minutes to 1 hour and 50 minutes, loosely covering with foil 1 hour into baking to prevent excess browning. Let cool in pans on a wire rack for 10 minutes. Using excess parchment as handles, remove from pans, and place on wire rack. Remove parchment, and let cool completely.

7. To serve, cut pound cake into thick slabs, and place on serving plates. Spoon or pour about 1 tablespoon (21 grams) sorghum syrup onto corner of each slice so you can dip bites of cake into syrup for a more intense sorghum flavor.

SORGHUM STREUSEL

Makes about $2\frac{1}{2}$ cups

- 1 cup (200 grams) granulated sugar
- 2 tablespoons (42 grams) sorghum syrup
- 1 cup (125 grams) all-purpose flour
- 6 tablespoons (84 grams) unsalted butter, softened
- $\frac{1}{2}$ teaspoon (1.5 grams) kosher salt

1. In a medium bowl, combine sugar and sorghum syrup. Rub syrup into sugar with your fingertips until evenly incorporated. (It will look like golden light brown sugar.) Add flour, butter, and salt, and rub together with your fingertips until large clumps form. Freeze until ready to use, up to 1 day.

LITTLE LEMON MERINGUE POUND CAKES

Makes 16

Whipped heavy cream is a frequent addition to pound cakes because it adds the same amount of fat as butter but with additional moisture to produce a particularly smooth, tender cake. Here, the technique is a boon to these small, tangy versions, made with lemon zest in the batter and suffused with a tart lemon syrup. The meringue on top is piped with three different-size star tips to mimic the top of a bouquet of flowers, then torched until cooked through and caramelized. If you're a fan of lemon meringue pie but have always wanted it with just a thick crust and meringue, then this cake will be your dream come true.

- $\frac{1}{2}$ cup (170 grams) unsalted butter, room temperature
- $1\frac{1}{2}$ cups (267 grams) plus $\frac{1}{2}$ cup (150 grams) granulated sugar, divided
- 2 teaspoons (8 grams) vanilla extract, divided
- $1\frac{1}{4}$ teaspoons (3 grams) kosher salt, divided
- 1 teaspoon (5 grams) baking powder
- Zest of 1 lemon
- 3 large eggs (150 grams), room temperature
- $1\frac{1}{4}$ cups (219 grams) cake flour
- $\frac{1}{2}$ cup (80 grams) heavy whipping cream, chilled

Lemon Syrup (recipe follows)

- 3 large egg whites (90 grams), room temperature

1. Preheat oven to 325°F (170°C). Butter and flour 2 (8-cup) mini loaf pan plaques (such as Williams Sonoma Goldtouch) or 16 (5½x3-inch) mini loaf pans.

2. In the bowl of a stand mixer fitted with the paddle attachment, beat butter, 1½ cups (267 grams) sugar, ½ teaspoons (6 grams) vanilla, 1 teaspoon (3 grams) salt, baking powder, and zest at medium speed until fluffy and pale, at least 6 minutes. Add eggs, one at a time, beating until there are no streaks of yolk left after each addition, about 15 seconds. Scrape bottom and sides of bowl with a rubber spatula. With mixer on medium-high speed, beat until super light and airy, at least 3 minutes. Add flour, and stir with a rubber spatula just until combined.

3. In a small bowl, whisk cream by hand until stiff peaks form. Using a rubber spatula, fold whipped cream into batter until completely smooth. Spoon 3 to 4 tablespoons batter into each prepared loaf cup or pan, and smooth tops.

4. Bake until cakes are slightly raised and golden brown on top and a wooden pick inserted in center comes out clean, 25 to 30 minutes. Let cool in pans on a wire rack for 5 minutes. Invert pans onto wire racks set over rimmed baking sheets or sheets of foil, and unmold from pans. Spoon about 1 tablespoon Lemon Syrup onto bottom of each cake while still warm, letting it soak completely into cake. Let cool completely.

5. In the bowl of a stand mixer fitted with the whisk attachment, whisk together egg whites, remaining ¾ cup (150 grams) sugar, and remaining ¼ teaspoon salt by hand until combined. Place bowl over a saucepan of simmering water, and cook, stirring constantly, until sugar is dissolved and whites are just hot to the touch, 2 to 3 minutes.

6. Immediately remove bowl from saucepan, and add remaining ½ teaspoon (2 grams) vanilla. Return bowl to stand mixer, and beat at medium-high speed until fluffy, cool to the touch, and stiff peaks form.

7. Divide meringue among 3 piping bags fitted with 3 different size and shape star tips. (Alternatively, scrape meringue into 1 large piping bag fitted with a medium star tip.) Turn cakes over so they're upright. Pipe 4 to 5 mounds meringue from largest tip onto cakes, spacing evenly apart. Pipe 2 to 3 mounds meringue from medium-size tip onto cakes, filling in some of the gaps in center of each cake. Pipe 5 to 6 mounds meringue from smallest tip onto cakes, filling in any remaining gaps on top of cakes.

8. Using a kitchen torch, carefully brown meringue all over cakes, and serve immediately. Cakes can be made, soaked in Lemon Syrup, and stored in an airtight container for up to 1 day before serving. Make, pipe, and torch meringue just before serving.

LEMON SYRUP

Makes about 1 cup

- 1 cup (240 grams) fresh lemon juice
- ½ cup (100 grams) granulated sugar

1. In a small saucepan, bring lemon juice and sugar to a simmer over medium-high heat, stirring occasionally, until sugar is dissolved. Remove from heat, and let cool completely. Lemon Syrup can be made up to 3 days in advance. Let come to room temperature before using.

BOURBON-PINEAPPLE POUND TART

Makes 1 (10-inch) cake

Pound cakes have long been relegated to large, deep pans—and for good reason: The heaviness of the cakes means they don't rise much and need to "settle" into pans that already have structure in order to bake up well. But for this cake, I went with a large, deep tart pan to produce a sleek, slim wedge of cake that eats like a tart, complete with fluted edge and chunks of fresh fruit on top. Here, that fruit is pineapple, and the fresh chunks are a perfect complement to every Southerner's favorite booze, bourbon, in both the tart and the glaze.

- ¾ cup (170 grams) unsalted butter, room temperature
- 1½ cups (300 grams) granulated sugar
- 2 tablespoons plus 1 teaspoon (35 grams) bourbon, divided
- 1 teaspoon (4 grams) vanilla extract
- 1 teaspoon (3 grams) kosher salt
- ¼ teaspoon (2.5 grams) baking powder
- 3 large eggs (150 grams), room temperature
- 1½ cups (187 grams) cake flour
- 8 ounces (225 grams) peeled and cored fresh pineapple, cut into ½-inch chunks
- 2 cups (240 grams) confectioners' sugar
- 4 teaspoons (20 grams) fresh pineapple juice
- 1 ring candied pineapple

1. Preheat oven to 325°F (170°C). Butter and flour a 10x2-inch removable-bottom fluted tart pan.

2. In the bowl of a stand mixer fitted with the paddle attachment, beat butter, granulated sugar, 1 tablespoon (15 grams) bourbon, vanilla, salt, and baking powder at

medium speed until fluffy and pale, at least 6 minutes. Add eggs, one at a time, beating until there are no streaks of yolk left after each addition, about 15 seconds. Scrape bottom and sides of bowl with a rubber spatula. With mixer on medium-high speed, beat until super light and airy, at least 3 minutes. Add flour, and stir with a rubber spatula just until combined. Spoon batter into prepared pan, and smooth top.

3. Place pineapple chunks on a layer of paper towels to dry thoroughly; scatter pineapple over batter.

4. Bake until golden brown and a wooden pick inserted in center comes out clean, 1 hour and 15 minutes to 1 hour and 30 minutes. Let cool in pan on a wire rack for 30 minutes. Carefully loosen edges of pan from tart. Lift bottom of pan to unmold tart from outer ring. Loosen bottom of pan from tart, and slide tart back onto wire rack.

5. In a medium bowl, whisk together confectioners' sugar, pineapple juice, and remaining 1 tablespoon plus 1 teaspoon (20 grams) bourbon.

6. Using a fork, drizzle pineapple glaze back and forth over top of tart, letting it fall over sides. Thinly slice candied pineapple ring into matchsticks, and sprinkle over top of tart while glaze is still wet. Let stand for at least 10 minutes to let icing set before serving. ■



Peachy Queen

THE SOUTHERN FRUIT TO RULE THEM ALL—THE BRIGHT, SUCCULENT PEACH—PUNCHES UP THE SWEET SUMMER FLAVOR OF A CROSTATA, CAKES, MUFFINS, AND THE TRADITIONAL COBBLER



PHOTOGRAPHY BY STEPHANIE WELBOURNE STEELE / RECIPE DEVELOPMENT
AND FOOD STYLING BY JADE S. NACORI / STYLING BY BETH K. SEELEY











PEACH POUND CAKE

Makes 1 (10-cup) Bundt cake

A rich, tangy dose of buttermilk and swirls of cream cheese complement the bright sweetness of the peaches in this decadent pound cake

- 1½ cups (340 grams) unsalted butter, softened**
 - 2½ cups (467 grams) granulated sugar, divided**
 - 5 large eggs (250 grams)**
 - ¼ teaspoon (2 grams) almond extract**
 - 2¼ cups (344 grams) plus 2 tablespoons (16 grams) all-purpose flour, divided**
 - ¼ cup (30 grams) coconut flour**
 - 1 teaspoon (3 grams) kosher salt**
 - ½ cup (120 grams) plus 2 tablespoons (30 grams) whole buttermilk, room temperature and divided**
 - 2 cups (400 grams) diced peeled fresh peaches (about 3 medium peaches)**
 - ½ cup (112 grams) cream cheese, softened**
- Buttermilk Glaze (recipe follows)**

1. Preheat oven to 325°F (170°C). Butter and flour a 10-cup Bundt pan.
2. In the bowl of a stand mixer fitted with the paddle attachment, beat butter and 2 cups (400 grams) sugar at medium speed until fluffy, 6 to 8 minutes, stopping to scrape sides of bowl. Add eggs, one at a time, beating well after each addition. Beat in almond extract.
3. In a medium bowl, whisk together 2¼ cups (344 grams) all-purpose flour, coconut flour, and salt. With mixer on low speed, gradually add flour mixture to butter mixture alternately with ½ cup (120 grams) buttermilk, beginning and ending with flour mixture, beating just until combined after each addition. Fold in peaches. Transfer batter to a large bowl, set aside.
4. Clean bowl of stand mixer. Using the paddle attachment, beat cream cheese, remaining ½ cup (67 grams) sugar, and remaining 2 tablespoons (16 grams) all-purpose flour at medium speed until creamy, 3 to 4 minutes, stopping to scrape sides of bowl. Beat in remaining 2 tablespoons (30 grams) buttermilk until well combined.
5. Spoon half of batter into prepared pan. Add cream cheese filling, and top with remaining batter. Using a knife, gently swirl together batter and cream cheese filling.
6. Bake until a wooden pick inserted near center comes out clean, 1 hour and 30 minutes to 1 hour and 35 minutes, covering with foil after 1 hour of baking to prevent excess browning, if necessary. Let cool in pan for 20 minutes. Invert cake onto a wire rack, and

let cool completely. Spoon Buttermilk Glaze over cooled cake.

BUTTERMILK GLAZE

Makes about 1½ cups

- ¼ cup (112 grams) cream cheese, softened**
- 1½ tablespoons (21 grams) unsalted butter, softened**
- ¼ cup (60 grams) confectioners' sugar**
- ¼ cup plus 2 tablespoons (90 grams) whole buttermilk**

1. In the bowl of a stand mixer fitted with the paddle attachment, beat cream cheese and butter at medium speed until creamy, 3 to 4 minutes. Reduce mixer speed to low. Gradually add confectioners' sugar, beating until combined. Add buttermilk, beating until smooth.

PEACH & BASIL COBBLER

Makes 1 (8-inch) skillet

Slightly sweet basil adds an unexpected herbaceous note to this cobbler's saucy filling while walnuts bring warm crunch to the sugared biscuit topping

- 1¼ cups (156 grams) all-purpose flour**
- ¼ cup (100 grams) granulated sugar**
- 1 tablespoon (15 grams) baking powder**
- 1 teaspoon (3 grams) kosher salt**
- 6 tablespoons (84 grams) cold unsalted butter, cubed**
- ¼ cup (57 grams) chopped walnuts**
- ¼ cup (120 grams) heavy whipping cream**
- 2 tablespoons (16 grams) cornstarch**
- 2 tablespoons (30 grams) water**
- 4½ cups (1,012.5 grams) ¼-inch-thick sliced peeled fresh peaches (about 6 medium peaches)**
- ¾ cup (165 grams) firmly packed light brown sugar**
- 1 teaspoon (6 grams) vanilla bean paste**
- 2 tablespoons (4 grams) chopped fresh basil**
- 1 large egg (50 grams), lightly beaten**
- 1 tablespoon (12 grams) sparkling sugar**

1. In a large bowl, stir together flour, granulated sugar, baking powder, and salt. Using a pastry blender, cut in cold butter until mixture is crumbly. Stir in walnuts and cream just until combined. (Dough will be slightly crumbly.) Gently shape dough into a disk. Wrap in plastic wrap, and refrigerate for at least 30 minutes.
2. Preheat oven to 375°F (190°C).
3. On a lightly floured surface, gently roll dough to ½-inch thickness. Using a 2½-inch round cutter, cut 7 rounds. Cover dough with plastic

wrap to prevent a skin from forming. Set aside.

4. In a small bowl, whisk together cornstarch and 2 tablespoons (30 grams) water.
5. In a medium saucepan, bring peaches, brown sugar, and vanilla bean paste to a boil over medium-high heat. Add cornstarch mixture; whisk for 1 minute. Add basil; reduce heat to low, and simmer for 2 minutes. Pour peach mixture into an 8-inch skillet. Top with biscuits. Brush a thin layer of egg wash onto biscuits, and sprinkle with sparkling sugar.
6. Bake until biscuits are deep brown and filling is bubbly, 15 to 20 minutes. Let cool slightly; serve warm.

PEACH UPSIDE-DOWN CAKE

Makes 1 (9-inch) cake

The beauty of an upside-down cake is the golden, caramelized base it creates while the syrupy fruit bottom simmers underneath its topcoat. This cake beats them all—no contest

- 1½ cups (187.5 grams) self-rising flour**
- 1 cup (200 grams) granulated sugar**
- ¼ teaspoon (1 gram) ground nutmeg**
- ¼ teaspoon kosher salt**
- 3 large eggs (150 grams)**
- ¼ cup (120 grams) whole buttermilk, room temperature**
- ½ teaspoon (2 grams) vanilla extract**
- ¾ cup (170 grams) unsalted butter, softened and divided**
- 1 cup (220 grams) firmly packed light brown sugar**
- 1¼ cups (280 grams) ¼-inch-thick sliced peeled fresh peaches (about 2 medium peaches)**

1. Preheat oven to 350°F (180°C). Butter and flour a 9-inch round cake pan.
2. In the bowl of a stand mixer fitted with the paddle attachment, whisk together flour, granulated sugar, nutmeg, and salt by hand. Add eggs, buttermilk, and vanilla, and beat at medium-low speed until smooth. Add ½ cup (113 grams) butter, beating to combine. Set aside.
3. Place remaining ¼ cup (57 grams) butter in prepared pan. Place pan in oven until butter is melted, 2 to 3 minutes. Sprinkle brown sugar over melted butter. Top with peaches, arranging as desired in a single layer. Spoon batter over peaches, smoothing top with an offset spatula.
4. Bake until a wooden pick inserted in center comes out clean, 40 to 50 minutes, covering with foil after 30 minutes of baking to prevent excess browning. Run a knife around edges of pan to loosen cake. Invert cake onto a serving plate, and let cool slightly. Serve warm.



PEACH BLACKBERRY BOURBON CROSTATATA

Makes 1 (9-inch) crostata

The crostata, an Italian rustic tart, may seem an unlikely vessel for juicy peaches. But take one bite of this richly crusted treat, and you'll find a uniquely Southern combination of jammy peach and blackberry filling with a warm splash of bourbon.

- 4 cups (900 grams) sliced peeled fresh peaches (about 5 medium peaches)
- ½ cup (110 grams) firmly packed light brown sugar
- 2 tablespoons (16 grams) all-purpose flour
- 2 tablespoons (16 grams) cornstarch
- 3 tablespoons (45 grams) bourbon, divided
- ⅛ teaspoon kosher salt

Crostata Dough (recipe follows)

- ⅓ cup (85 grams) fresh blackberries, sliced
- 1 large egg (50 grams)
- 1 teaspoon (5 grams) water
- 1 tablespoon (12 grams) turbinado sugar

1. Preheat oven to 375°F (190°C). Line a large rimmed baking sheet with parchment paper.
2. In a large bowl, toss together peaches, brown sugar, flour, cornstarch, 2 tablespoons (30 grams) bourbon, and salt.
3. On a lightly floured surface, roll Crostata Dough into a 12-inch circle. Transfer to prepared pan. Pour peach mixture onto center of Crostata Dough. Sprinkle with blackberries. Fold edges of dough up and over to encase filling.
4. In a small bowl, whisk together egg and 1 teaspoon (5 grams) water. Brush dough with egg wash, and sprinkle with turbinado sugar.

5. Bake for 20 minutes. Cover filling with foil, and bake until crust is deep golden brown, about 25 minutes more. Let cool for 20 minutes. Brush filling with remaining 1 tablespoon (15 grams) bourbon just before serving.

CROSTATATA DOUGH

Makes 1 (9-inch) crust

- 1½ cups (156 grams) all-purpose flour
- 2 teaspoons (8 grams) granulated sugar
- 1 teaspoon (3 grams) kosher salt
- ¼ cup plus 1 tablespoon (127 grams) cold unsalted butter
- 6 tablespoons (90 grams) ice water, divided

1. In a medium bowl, place flour, sugar, and salt, and stir until combined. Cut butter into ½-inch cubes, and add to flour mixture. Use both hands to turn mixture over in a snapping motion to incorporate butter with flour mixture. Transfer to the work bowl of a food processor, and pulse until mixture is crumbly. With processor running, add 5 tablespoons (75 grams) ice water in a slow, steady stream, just until dough comes together. Add remaining 1 tablespoon (15 grams) ice water, if needed. Turn out dough, and shape into a disk. Wrap in plastic wrap, and refrigerate for at least 1 hour.

COCONUT PEACH CAKE

Makes 1 (9-inch) cake

Blending one traditional Southern classic, the cloud-like coconut cake, with the blushing stone fruit, this triple-layer cake is an undeniable showstopper. A final coating of toasted coconut flakes brings a dash of color to the typically snowy-white appearance.

- 1½ cups (340 grams) unsalted butter, softened
- 2 cups (400 grams) granulated sugar
- 3 large eggs (150 grams), room temperature
- 3½ cups (437 grams) cake flour
- 1 teaspoon (5 grams) baking powder
- 1 teaspoon (5 grams) baking soda
- ⅓ teaspoon (1.5 grams) kosher salt
- ¾ cup (180 grams) coconut milk
- ⅓ cup (120 grams) whole buttermilk, room temperature
- 1½ teaspoons (6 grams) vanilla extract
- Peach Simple Syrup (recipe follows)
- American Buttercream (recipe follows)
- 1 cup (225 grams) sliced peeled fresh peaches (about 2 medium peaches)

Garnish: toasted coconut flakes

1. Preheat oven to 350°F (180°C). Butter and flour 3 (9-inch) round cake pans. Line bottom of pans with parchment paper; butter and flour again.
2. In the bowl of a stand mixer fitted with the paddle attachment, beat butter and sugar at medium speed until fluffy, 3 to 4 minutes, stopping to scrape sides of bowl. Add eggs, one at a time, beating well after each addition.
3. In a medium bowl, whisk together flour, baking powder, baking soda, and salt. In a small bowl, stir together coconut milk and buttermilk. With mixer on low speed, gradually add flour mixture to butter mixture alternately with coconut milk mixture, beginning and ending with flour mixture, beating just until combined after each addition. Beat in vanilla. Divide batter among prepared pans.
4. Bake until a wooden pick inserted in center comes out clean, about 30 minutes. Let cool in pans for 10 minutes. Remove from pans, and let cool completely on wire racks. Brush layers with Peach Simple Syrup.
5. Place 2 cups American Buttercream in a piping bag fitted with a medium round tip. Pipe a ½-inch-thick layer of buttercream around edge of one cake layer. Spread buttercream with a border. Layer half of peaches in center,

gently pressing into buttercream and ensuring border is higher than peaches. Repeat layers once. Top with remaining cake layer. Spread a thin layer of American Buttercream on top and sides of the cake. Freeze for 30 minutes. Spread remaining American Buttercream on top and sides of cake. Press toasted coconut into sides of cake, if desired. Cover and refrigerate for up to 4 days.

PEACH SIMPLE SYRUP

Makes about 1½ cups

- ½ cup (112.5 grams) sliced peeled fresh peaches (about 1 medium peach)
- ½ cup (100 grams) granulated sugar
- ½ cup (120 grams) water

1. In a medium saucepan, heat all ingredients over medium heat until sugar is dissolved. Remove from heat, and let cool. Using an immersion blender, blend until mixture is smooth. Refrigerate in an airtight container for up to 2 weeks.

AMERICAN BUTTERCREAM

Makes about 6 cups

- 2½ cups (567 grams) unsalted butter, softened
- 1½ (2-pound) bags (1,365 grams) confectioners' sugar
- 1 cup (240 grams) heavy whipping cream
- 2 teaspoons (6 grams) kosher salt

1. In the bowl of a stand mixer fitted with the paddle attachment, beat butter at medium speed until creamy, 5 to 6 minutes. Reduce mixer speed to low, and gradually add confectioners' sugar, cream, and salt, beating until smooth.

PEACH AND BLUEBERRY CORNMEAL MUFFINS

Makes 12 jumbo muffins

In the South, bigger is always better, and these jumbo blueberry-peach muffins are no exception. Doubling down on crunchy texture with cornmeal and the almond-flecked streusel, these fruity quick breads are the best way to enjoy peaches for breakfast.

- 1 cup (227 grams) unsalted butter, softened
 - 2½ cups (550 grams) firmly packed light brown sugar
 - 4 large eggs (200 grams), room temperature
 - 2 teaspoons (8 grams) vanilla extract
 - 3 cups (375 grams) all-purpose flour
 - 1 cup (150 grams) cornmeal
 - 2 teaspoons (10 grams) baking powder
 - 2 teaspoons (10 grams) baking soda
 - 1 teaspoon (3 grams) kosher salt
 - 1 cup (240 grams) whole buttermilk, room temperature
 - 1 cup (240 grams) peach purée*
 - 3 cups (675 grams) diced fresh peaches (about 4 medium peaches)
 - 1 cup (170 grams) fresh blueberries
- Almond Streusel (recipe follows)

1. Preheat oven to 425°F (225°C). Line a 12-cup muffin pan with parchment or paper liners, or spray wells with cooking spray.
2. In the bowl of stand mixer fitted with the paddle attachment, beat butter and brown sugar at medium speed until fluffy, 3 to 4 minutes, stopping to scrape sides of

bowl. Add eggs, one at a time, beating well after each addition. Beat in vanilla.

3. In a medium bowl, whisk together flour, cornmeal, baking powder, baking soda, and salt. With mixer on low speed, gradually add flour mixture to butter mixture alternately with buttermilk and peach purée, beginning and ending with flour mixture, beating just until combined after each addition. Fold in peaches and blueberries. Spoon batter into prepared muffin cups, filling three-fourths full. Top with Almond Streusel.

4. Bake for 5 minutes. Reduce oven temperature to 350°F (180°C), and bake until golden brown and a wooden pick inserted in center comes out clean, 30 to 35 minutes more, loosely covering with foil after 15 minutes of baking to prevent excess browning.

**To make peach purée, slice and peel 2 medium peaches (334 grams). Place in the work bowl of a food processor, and purée until smooth. Makes about 1 cup (250 grams) purée.*

ALMOND STREUSEL

Makes about 4 cups

- 1½ cups (188 grams) all-purpose flour
- ¾ cup (85 grams) sliced almonds
- ¾ cup (165 grams) firmly packed light brown sugar
- ½ teaspoon (1.5 grams) kosher salt
- ¼ cup (113 grams) unsalted butter, melted

1. In a small bowl, whisk together flour, almonds, brown sugar, and salt. Add melted butter, stirring until mixture is crumbly. Refrigerate in an airtight container for up to 2 weeks. ❧



SOUTHERN BAKING



FROM CAKES AND PIES FOR ANY SWEET TOOTH TO THE PEOPLE, TRADITIONS, AND TIME-TESTED INGREDIENTS THAT
DEFINE THE REGION, CONSIDER THIS YOUR CHEAT SHEET FOR THE WORLD OF SOUTHERN BAKING

BY JENNIFER V. COLE

STYLING BY SIDNEY BRAGIEL / RECIPE DEVELOPMENT AND FOOD STYLING BY LAURA CRANDALL AND EL ZABETH STRINGER



APPALACHIAN APPLE STACK CAKE

Hallmarks of Appalachian cooking include heartiness, resourcefulness, and deep-seated tradition. No other dish resonates like the apple stack cake, typically made with warm spices like cinnamon and clove and dried apples or apple butter so poor families could stretch the natural bounty of the region—an area where at one point over 1,000 apple varieties were grown. Chef Travis Milton, a Virginia native and cofounder of the Appalachian Food Summit (appalachianfood.com), further honors that Appalachian make-do spirit with his cake. When cinnamon was hard to come by, his great-grandmother would use Red Hot candies to flavor the apple butter, a family tradition he's embraced. This year, he'll continue to share the foodways of his people at his new restaurant, Shovel and Pick, in his Wise County hometown.

TRAVIS MILTON'S APPLE STACK CAKE

Makes 1 (8-inch) cake

The stack cake usually consists of several thin layers, and Travis insists that the cake must sit out for a day or two before serving. "By letting the cake sit out at room temperature, the apple butter begins to separate. Some of that seeps into the cake itself, making it super moist," he says. "The thicker center of the apple butter then starts to get jammy and creates what seems like an extra secret layer. You only get this magical chemistry by letting the cake sit out."

- ¾ cup (170 grams) unsalted butter, softened**
- ½ cup (100 grams) granulated sugar**
- 2 medium eggs (94 grams), lightly beaten**
- 1 cup (336 grams) sorghum molasses**
- 3 cups (375 grams) all-purpose flour**
- 1 teaspoon (5 grams) baking powder**
- ¾ teaspoon (1.5 grams) ground allspice**
- ¾ teaspoon (1.5 grams) ground cinnamon**
- ¼ teaspoon (1.25 grams) baking soda**
- ¼ teaspoon ground cloves**
- ½ cup (120 grams) whole buttermilk, room temperature**
- 7 cups Apple Butter (Use Travis's recipe, found at bakefromscratch.com/apple-butter, or your favorite apple butter)**

Garnish: Sautéed Apples (recipe follows)

- 1.** Preheat oven to 350°F (180°C). Spray 3 (8-inch) round cake pans with cooking spray, and line with parchment paper.

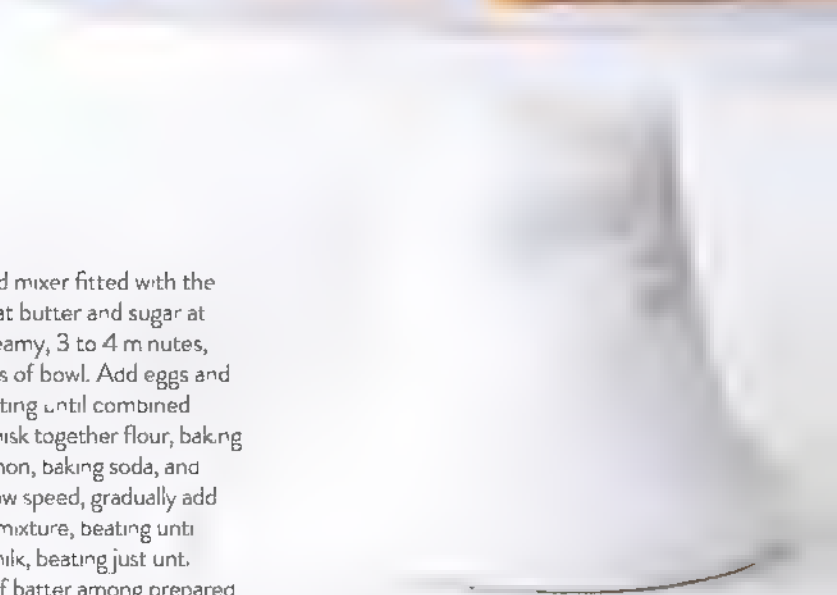
- 2.** In the bowl of a stand mixer fitted with the paddle attachment, beat butter and sugar at medium speed until creamy, 3 to 4 minutes, stopping to scrape sides of bowl. Add eggs and sorghum molasses, beating until combined.
- 3.** In a medium bowl, whisk together flour, baking powder, allspice, cinnamon, baking soda, and cloves. With mixer on low speed, gradually add flour mixture to butter mixture, beating until combined. Add buttermilk, beating just until combined. Divide half of batter among prepared pans, smoothing tops with an offset spatula.
- 4.** Bake for 16 minutes. Remove from oven, and let cool completely in pans. Remove from pans, and wipe pans clean. Spray and line pans again. Divide remaining batter among prepared pans, and repeat baking process.
- 5.** Place one cake layer on a cake plate. Spread 1 cup Apple Butter in a ½-inch layer on cake layer, and top with another cake layer. Repeat until all layers are stacked. Spread a thin layer of Apple Butter on top and sides of cake. Place cake on a cake stand with a lid, and let stand for 1 to 2 days before serving. When ready to serve, garnish with Sautéed Apples, if desired.

SAUTÉED APPLES

Makes about 1 cup

- 1 large apple (185 grams), thinly sliced**
- 3 tablespoons (42 grams) firmly packed light brown sugar**
- ½ teaspoon ground cinnamon**
- 1 tablespoon (14 grams) unsalted butter**

- 1.** In a small bowl, toss together apples, brown sugar, and cinnamon.
- 2.** In a medium skillet, melt butter over medium heat. Add apples; cook, stirring occasionally, until tender, 5 to 7 minutes.



B

BEIGNETS

Early morning, midday, or late (late) night in New Orleans, there's always a sugar-wild crowd at Café du Monde, where residents and tourists alike commune over plates of French doughnuts and mugs of milky chicory coffee. It's a rite of passage. And it's one that, no matter how seasoned you are, never gets old. Take a seat under the green-and-white awning off Jackson Square with your order of three. Time the perfect bite so you don't burn your mouth on the fresh-from-the-fryer dough, and revel in the clouds of sugar that explode with each bite. That dusting on your shirt is a telltale badge of honor.

BEIGNETS

Makes 12

- ½ cup (113 grams) warm water (105°F/40°C to 110°F/43°C)**
- 1 teaspoon (3 grams) active dry yeast**
- 3 tablespoons (36 grams) plus 1 teaspoon (4 grams) granulated sugar, divided**
- 2 tablespoons (28 grams) all-vegetable shortening**
- ½ teaspoon (1.5 grams) kosher salt**
- ½ cup (113 grams) boiling water**
- ½ cup (128 grams) evaporated milk**
- 1 large egg (50 grams)**
- 4 to 5 cups (500 to 625 grams) all-purpose flour**
- Cottonseed oil*, for frying**
- 1 cup (120 grams) confectioners' sugar**

- 1.** In a small bowl, stir together ½ cup (113 grams) warm water, yeast, and 1 teaspoon (4 grams) granulated sugar. Let stand until mixture is foamy, about 5 minutes.
- 2.** In the bowl of a stand mixer fitted with the paddle attachment, beat shortening, salt, and remaining 3 tablespoons (36 grams) granulated sugar at medium speed until smooth. Add ½ cup (113 grams) boiling water and evaporated milk, beating until combined. Add egg, beating until smooth. Stir in yeast mixture. Gradually add 3 cups (375 grams) flour, beating until smooth. Beat in enough remaining flour to make a soft dough.
- 3.** On a lightly floured surface, turn out dough, and knead until smooth and elastic, 6 to 8 minutes. Spray a large bowl with cooking spray. Place dough in bowl, turning to grease top.

Cover and refrigerate for at least 30 minutes or up to 2 hours

- 4.** On a lightly floured surface, roll dough to ¼-inch thickness. Using a sharp knife, cut dough into 12 (3-inch) squares. (Do not reroll dough.)

- 5.** In a large Dutch oven, pour oil to a depth of 3 inches, and heat over medium-high heat until a deep-fry thermometer registers 370°F (188°C). Working in batches, fry dough, turning frequently, until golden brown, 2 to 3 minutes. Carefully remove from hot oil, and let drain on paper towels. Sift confectioners' sugar over hot beignets. Serve warm.

**Available on amazon.com. Vegetable oil can be used instead*





C | CARAMEL CAKE

In the South, reputations are made by the ability to caramelize sugar into perfect brown clouds of icing and swoop it onto rich buttery cake layers. Here are three bakeries to get your fix.

SUGAREE'S BAKERY

New Albany, Mississippi; sugarees.com

Caramel still made in a cast-iron skillet in small batches. (photographed)

DEAN'S CAKE HOJSE

Andalusia, Alabama; deanscakehouse.com

Seven layers of perfection, made literally by Southern grandmothers.

WILDFLOUR PASTRY

Charleston, South Carolina; wildflourpastrycharleston.com

A crumb that walks the line between dense and fluffy in perfect balance.

D | DULCE DE LECHE

Introduced to the Southern repertoire by our neighbors even farther south, this easy-to-make sweet treat can be used as the filling in a chocolate cake, drizzled over cookies or scones, or eaten by the spoonful straight out of the can. Here's how to make it: Remove label from a can of sweetened condensed milk. Place can on its side in a large stockpot. Add room temperature water, filling pot until water level is at least 2 inches above top of can. Place pot over high heat, and lower to a simmer. Simmer for 2 to 3 hours. Make sure can is covered with water at all times (at least 1 inch above can as it cooks). Check every 30 minutes, and add more boiling water as needed. (If the can is not fully submerged, it can overheat and explode.) Using a pair of tongs or a slotted spoon, remove can from water, and place on a wire rack. Let cool to room temperature before opening. Stir until smooth.

E | EDNA LEWIS

"Dr. Edna Lewis, April 13, 1916–February 13, 2006, Grande Dame of Southern Cooking." So reads the epitaph on her gravestone in Freetown, Virginia. Chef and author Edna Lewis fully introduced our regional food to the rest of the country, making the case for Southern African American cooking as the foundation for the way our nation eats. To read *The Taste of Country Cooking* is to step into the story of a place where (mostly) women celebrated the harvest with blackberry cobbles, Damson plum preserves, and branded peaches. Who kept breadbaskets full, despite economic trials and political turbulence, with yeast rolls and corn pone. The modern Southern table thrives, and we owe a bite of gratitude to Miss Lewis for it





F | FRIED HAND PIES

*At county fairs and state fairs
and gas stations galore,*

*In home kitchens and cafés and
diners and more,*

This palm-sized envelope of crust delights.

*Egalitarian. Fruitful. It brings the best of
the season to deep-fried life,*

*Stuffed with spiced apples, or peaches,
or tangy green tomatoes.*

*Will brake for fried pies.
Truly, a Southern motto.*

Make our Fried Apple Hand Pies, page 17



G | GOO GOO CLUSTER

Over the past few years, Nashville-based Goo Goo Cluster (goo goo.com), has been stepping up the game on their signature chocolate-nut-caramel candies, the first combination candy bar ever invented, all the way back in 1912. The Summer Chef Series Premium line (\$8) partners with area chefs to create oversized, reach-for-the-stars combos. In 2015, Matt Bolus of 404 Kitchen did a riff on an Old Fashioned with bourbon buttermilk caramel and orange bitters. Last summer, Levon Wallace at Gray & Dudley crafted the GD Cluster, a milk chocolate mousse with hazelnut praline and caramel hazelnut butter, salted caramel, and pastry crunchies inside a dark chocolate shell. At press time, this summer's slate was still in the delicious R&D stage, but we know a summer road trip to Nashvegas suddenly sounds a whole lot sweeter.

H | HONEY



Honey, one of our favorite pantry staples, adds richness to cakes and depth to icing and gives breads a golden crust. And much like with wine, the color and flavor of every batch of honey reflects a specific time and

place. The vast landscape of the South produces a veritable honeypot of varieties. Here are a few that have us buzzing:

SAVANNAH BEE COMPANY PALMETTO HONEY

savannahbee.com

Rich and well-rounded, the product of foraging pollen from saw palmetto blooms, with delicate notes of violet.

L.L. LANIER & SONS TUPELO HONEY

lilupelahoney.com

Light golden color, from the white tupelo tree, with notes of citrus.

EASTABOGA BEE COMPANY RAW ALABAMA HONEY

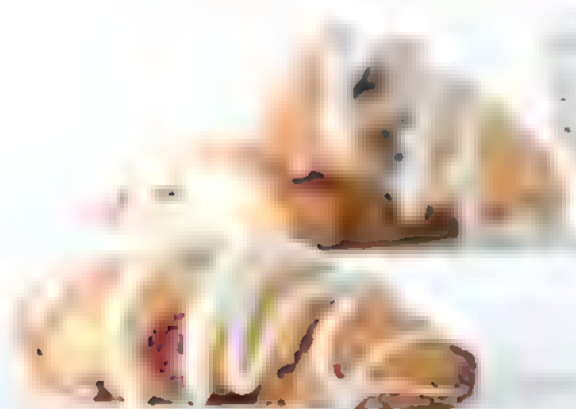
eastabogabeecompany.com

Sweet and mild amber nectar, from wildflowers; it's the base for chef Frank Stitt's pizza crust at Bottega restaurant in Birmingham.

I | ICING

A little icing pushes the wow factor on all of your favorite bakes. Make this versatile recipe your go-to to elevate layer and sheet cakes, muffins and scones, and everything else that merits extra sweetness.

In a small bowl, whisk together **2 cups (240 grams) confectioners' sugar**, **½ cup (120 grams) heavy whipping cream**, and **1 teaspoon (4 grams) vanilla extract**. Drizzle over scones, muffins, or quick breads.





J | JAM

We love to stretch the fruit of the season with jam, the jewel-toned secret weapon for extending the summer harvest. There's nothing wrong with a hearty smear on a slice of warm, freshly baked bread. But if you want to jam up your baking even more, try:

1 USING IT TO GLAZE CAKE LAYERS. With a pastry brush, brush jam over still-warm cake layers fresh out of the oven. If cake layers are cooled, heat jam until it is liquid before brushing on layers. If using a thick jam like preserves, add a little water to it before glazing.

2 FLAVORING BUTTERCREAM. Mix the jam directly into the buttercream, like you would vanilla extract or cocoa. Add however much you want depending on how strong you want the jam flavor and what color you want your buttercream to be.

3 MAKING A FILLING FOR SANDWICH COOKIES OR THUMBPRINT COOKIES. Jam's fruity flavors pair well with simpler cookies, like sugar or shortbread.



K | KOLACHES

Brought to Central Texas by Czech immigrants in the late 19th century, kolaches are tender pastries that run sweet (with fruit fillings) and savory (stuffed with sausages like pigs in a blanket). They've become such a part of Texas's rural foodways that no drive through the Lone Star State is complete without a pit stop for one of these grab-and-go delicacies. In West Texas, between Dallas and Austin, the Czech belt is strong. At **VILLAGE BAKERY** (254-826-5151), the oldest Czech bakery in the state, apricot, poppy seed, and even sausage fill yeasty pastry. Farther south, between Austin and Houston in LaGrange, **WEIKEL'S BAKERY** (weikels.com) serves prune, chocolate, and cherry cream. And the **KOLACHE FACTORY** (kolachefactory.com), headquartered in Katy but with numerous locations throughout Texas and the U.S., makes sure you're never too far from a fruit-filled Czech treat (shown).



L | LODGE CAST IRON

The Lodge cast-iron skillet may be the workhorse of the Southern kitchen, but this year, after a nearly 20-year hiatus, the company reintroduced the cast-iron Fluted Cake Pan. And we can't remember the last time we were so excited to put batter to iron. This heirloom piece from the 1950s produces evenly baked and browned cakes, and the new and improved model features larger handles and more defined fluting for a sharper cake design. It's the legacy addition every Southern (or Southern-inspired) kitchen needs. lodgemfg.com; \$69.99



MISSISSIPPI MUD CAKE

In Mississippi, forget mud masks and mud baths. Inspired by the dark waters of the mighty river, this dense sheet cake, with pecans, marshmallows, and a gooey glaze, reminds us that down South, it's all about the restorative value of chocolate.

MISSISSIPPI MUD CAKE

Makes about 16 servings

- 1½ cups (188 grams) all-purpose flour
- 1 cup (200 grams) granulated sugar
- 1 cup (220 grams) firmly packed light brown sugar
- ⅓ cup (43 grams) unsweetened cocoa powder
- ⅓ teaspoon (2.5 grams) baking soda
- ⅓ teaspoon (1.5 grams) kosher salt, divided
- 1 cup (227 grams) plus 1 tablespoon (14 grams) unsalted butter, melted and divided
- 4 large eggs (200 grams), lightly beaten
- 1 teaspoon (4 grams) vanilla extract
- 1 (10-ounce) package (283 grams) miniature marshmallows
- 1 cup (113 grams) chopped pecans
- Chocolate Glaze (recipe follows)

1. Preheat oven to 350°F (180°C). Butter and flour a rimmed half sheet pan.

2. In a large bowl, whisk together flour, sugars, cocoa, baking soda, and ⅓ teaspoon salt. Add 1 cup (227 grams) melted butter, eggs, and vanilla, stirring until combined. Spoon batter into prepared pan, spreading to edges.

3. Bake until a wooden pick inserted in center comes out clean, about 20 minutes. Sprinkle with marshmallows. Bake until marshmallows are softened, about 5 minutes more.

4. In a medium skillet, combine pecans, remaining 1 tablespoon (14 grams) melted butter, and remaining ⅓ teaspoon salt. Cook over medium heat, stirring occasionally, until pecans are toasted, about 8 minutes. Sprinkle toasted pecans over marshmallows; drizzle with Chocolate Glaze. Serve warm or at room temperature.

CHOCOLATE GLAZE

Makes about 1 cup

- ⅓ cup (21 grams) unsweetened cocoa powder
- ⅓ cup (60 grams) whole milk
- ⅓ cup (57 grams) unsalted butter
- ⅓ teaspoon kosher salt
- 2 cups (240 grams) confectioners' sugar
- 1 teaspoon (4 grams) vanilla extract

1. In a medium saucepan, bring cocoa, milk, butter, and salt to a simmer over medium heat, whisking constantly. Remove from heat, whisk in confectioners' sugar and vanilla. Use immediately.





N | 'NANA PUDDIN'

In a former gas station along Savannah's Bull Street, Cheryl and Griffith Day serve Southern nostalgia by the bite at Back in the Day Bakery (backinthedaybakery.com). A kaleidoscope of cupcakes, grandma-worthy pies (Lemon Shaker, Coconut Cream, Salted Apple Cider), and freshly baked breads keep this pastel-hued bakery packed. But it's the 'Nana Puddin', that creamy staple of diners, meat 'n' threes, and home kitchens across the region, that brings us back again and again—and again. Cheryl layers silky vanilla cream pudding, house-made crumbled shortbread cookies, fresh bananas, and sweet whipped cream. She keeps it simple and, in doing so, reminds us that simple is perfect.

O | OLEO

Anyone who has read an old hand-scrawled recipe card has definitely encountered one word: Oleo. Oleo is margarine. And it's something that modern bakers with a tendency toward farm-fresh, heirloom ingredients turn up their noses at (We'll admit it: Us, too.) But oleo, made from vegetable oil, was used throughout Southern baking as a more economical alternative to butter 50 or more years ago. Invented by a French chemist in 1869, it was originally white (the dairy industry didn't want anyone to confuse it for butter), and it jumped in popularity during World War II due to butter shortages. So, while we'll continue to sing the praises of butter (delicious, creamy butter), if you're trying to recreate your grandmother's famous cookies and just can't get them quite right, consider that she might have used oleo. And for the sake of taste memory, it's OK to substitute margarine. Because sometimes memories trump all.

P | PRALINES

Pecans plunged into buttery sugar is one of the most iconic confections of the South. Dating back to Louisiana in the mid-1700s, pecan pralines (we favor puh-CAWN PRAW-leens over PEE-can PRAY-leens) were adapted from a French almond-based recipe because of the abundance of pecan trees and cane sugar in the area. Pralines aren't difficult to make, but they can be tricky. The key is to stir often (at times, constantly) and pay attention. A long-handled spoon and a candy thermometer are your best friends here.

PRALINES

Makes 24

- 1½ cups (170 grams) pecan halves**
- 2 tablespoons (28 grams) unsalted butter**
- 1 cup (220 grams) firmly packed light brown sugar**
- 1 cup (200 grams) granulated sugar**
- ½ cup (120 grams) heavy whipping cream**
- 2 tablespoons (42 grams) light corn syrup**
- 1 teaspoon (4 grams) vanilla extract**
- ¼ teaspoon kosher salt**
- ⅛ teaspoon ground cinnamon**

- 1.** Preheat oven to 350°F (180°C)
- 2.** On a rimmed baking sheet, spread pecans in an even layer. Bake until fragrant and toasted, 6 to 8 minutes. Let cool completely.

- 3.** In a medium saucepan, melt butter over medium heat. Stir in sugars, cream, and corn syrup; bring to a boil. Cook, stirring constantly, until a candy thermometer registers 240°F (116°C). Remove from heat, and let stand until a candy thermometer registers 150°F (65°C), about 25 minutes. (Do not stir.)
- 4.** Line a baking sheet with wax paper.
- 5.** Add toasted pecans, vanilla, salt, and cinnamon to sugar mixture, stir quickly and vigorously until mixture loses some of its shine, about 1 minute. Quickly spoon mixture by heaping tablespoonfuls, and drop onto prepared pan. (If mixture hardens, add hot water, 1 tablespoon [15 grams] at a time, until mixture returns to a spoonable consistency.) Let cool until hardened, about 10 minutes. Store in an airtight container at room temperature for up to 1 week.





Q | QUINCY'S BIG FAT YEAST ROLLS

Big Fat Yeast Rolls Thanks to:

at a large, orange-red, Quincy
 100% whole wheat flour, 1 cup, 1/2 cup, 1/4 cup, 1/8 cup, 1/16 cup, 1/32 cup, 1/64 cup, 1/128 cup, 1/256 cup, 1/512 cup, 1/1024 cup, 1/2048 cup, 1/4096 cup, 1/8192 cup, 1/16384 cup, 1/32768 cup, 1/65536 cup, 1/131072 cup, 1/262144 cup, 1/524288 cup, 1/1048576 cup, 1/2097152 cup, 1/4194304 cup, 1/8388608 cup, 1/16777216 cup, 1/33554432 cup, 1/67108864 cup, 1/134217728 cup, 1/268435456 cup, 1/536870912 cup, 1/1073741824 cup, 1/2147483648 cup, 1/4294967296 cup, 1/8589934592 cup, 1/17179869184 cup, 1/34359738368 cup, 1/68719476736 cup, 1/137438953472 cup, 1/274877906944 cup, 1/549755813888 cup, 1/1099511627776 cup, 1/2199023255552 cup, 1/4398046511104 cup, 1/8796093022208 cup, 1/17592186044416 cup, 1/35184372088832 cup, 1/70368744177664 cup, 1/140737488355328 cup, 1/281474976710656 cup, 1/562949953421312 cup, 1/1125899906842624 cup, 1/2251799813685248 cup, 1/4503599627370496 cup, 1/9007199254740992 cup, 1/18014398509481984 cup, 1/36028797018963968 cup, 1/72057594037927936 cup, 1/144115188075855872 cup, 1/288230376151711744 cup, 1/576460752303423488 cup, 1/1152921504606846976 cup, 1/2305843009213693952 cup, 1/4611686018427387904 cup, 1/9223372036854775808 cup, 1/18446744073709551616 cup, 1/36893488147419103232 cup, 1/73786976294838206464 cup, 1/147573952589676412928 cup, 1/295147905179352825856 cup, 1/590295810358705651712 cup, 1/1180591620717411303424 cup, 1/2361183241434822606848 cup, 1/4722366482869645213696 cup, 1/9444732965739290427392 cup, 1/18889465931478580854784 cup, 1/37778931862957161709568 cup, 1/75557863725914323419136 cup, 1/151115727451828646838272 cup, 1/302231454903657293676544 cup, 1/604462909807314587353088 cup, 1/1208925819614629174706176 cup, 1/2417851639229258349412352 cup, 1/4835703278458516698824704 cup, 1/9671406556917033397649408 cup, 1/19342813113834066795298816 cup, 1/38685626227668133590597632 cup, 1/77371252455336267181195264 cup, 1/154742504910672534362390528 cup, 1/309485009821345068724781056 cup, 1/618970019642690137449562112 cup, 1/1237940039285380274899124224 cup, 1/2475880078570760549798248448 cup, 1/4951760157141521099596496896 cup, 1/9903520314283042199192993792 cup, 1/19807040628566084398385987584 cup, 1/39614081257132168796771975168 cup, 1/79228162514264337593543950336 cup, 1/158456325028528675187087900672 cup, 1/316912650057057350374175801344 cup, 1/633825300114114700748351602688 cup, 1/1267650600228229401496703205376 cup, 1/2535301200456458802993406410752 cup, 1/5070602400912917605986812821504 cup, 1/10141204801825835211973625643008 cup, 1/20282409603651670423947251286016 cup, 1/40564819207303340847894502572032 cup, 1/81129638414606681695789005144064 cup, 1/162259276829213363391578010288128 cup, 1/324518553658426726783156020576256 cup, 1/649037107316853453566312041152512 cup, 1/1298074214633706907132624082305024 cup, 1/2596148429267413814265248164610048 cup, 1/5192296858534827628530496329220096 cup, 1/10384593717069655257060992658440192 cup, 1/20769187434139310514121985316880384 cup, 1/41538374868278621028243970633760768 cup, 1/83076749736557242056487941267521536 cup, 1/166153499473114484112975882535043072 cup, 1/332306998946228968225951765070086144 cup, 1/664613997892457936451903530140172288 cup, 1/1329227995784915872903807060280344576 cup, 1/2658455991569831745807614120560689152 cup, 1/5316911983139663491615228241121378304 cup, 1/10633823966279326983230456482242756608 cup, 1/21267647932558653966460912964485513216 cup, 1/42535295865117307932921825928971026432 cup, 1/85070591730234615865843651857942052864 cup, 1/170141183460469231731687303715884105728 cup, 1/340282366920938463463374607431768211456 cup, 1/680564733841876926926749214863536422912 cup, 1/1361129467683753853853498429727072845824 cup, 1/2722258935367507707706996859454145691648 cup, 1/5444517870735015415413993718908291383296 cup, 1/10889035741470030830827987437816582766592 cup, 1/21778071482940061661655974875633165533184 cup, 1/43556142965880123323311949751266331066368 cup, 1/87112285931760246646623899502532662132736 cup, 1/174224571863520493293247799005065324265472 cup, 1/348449143727040986586495598010130648530944 cup, 1/696898287454081973172991196020261297061888 cup, 1/1393796574908163946345982392040522594123776 cup, 1/2787593149816327892691964784081045188247552 cup, 1/5575186299632655785383929568162090376495104 cup, 1/11150372599265311570767859136324180752990208 cup, 1/22300745198530623141535718272648361505980416 cup, 1/44601490397061246283071436545296723011960832 cup, 1/89202980794122492566142873090593446023921664 cup, 1/178405961588244985132285746181186892047843328 cup, 1/356811923176489970264571492362373784095686656 cup, 1/713623846352979940529142984724747568191373312 cup, 1/1427247692705959881058285969449495136382746624 cup, 1/2854495385411919762116571938898990272765493248 cup, 1/5708990770823839524233143877797980545530986496 cup, 1/11417981541647679048466287755595961091061972992 cup, 1/22835963083295358096932575511191922182123945984 cup, 1/45671926166590716193865151022383844364247891968 cup, 1/91343852333181432387730302044767688728495783936 cup, 1/182687704666362864775460604089535377456991567872 cup, 1/365375409332725729550921208179070754913983135744 cup, 1/730750818665451459101842416358141509827966271488 cup, 1/1461501637330902918203684832716283019655932542976 cup, 1/2923003274661805836407369665432566039311865085952 cup, 1/5846006549323611672814739330865132078623730171904 cup, 1/11692013098647223345629478661730264157247460343808 cup, 1/23384026197294446691258957323460528314494920687616 cup, 1/46768052394588893382517914646921056628989841375232 cup, 1/93536104789177786765035829293842113257979682750464 cup, 1/187072209578355573530071658587684226515959365500928 cup, 1/374144419156711147060143317175368453031918731001856 cup, 1/748288838313422294120286634350736906063837462003712 cup, 1/1496577676626844588240573268701473812127674924007424 cup, 1/2993155353253689176481146537402947624255349848014848 cup, 1/5986310706507378352962293074805895248510699696029696 cup, 1/11972621413014756705924586149611790497021399392059392 cup, 1/23945242826029513411849172299223580994042798784118784 cup, 1/47890485652059026823698344598447161988085597568237568 cup, 1/95780971304118053647396689196894323976171195136475136 cup, 1/191561942608236107294793378393788647952342390272950272 cup, 1/383123885216472214589586756787577295904684780545900544 cup, 1/766247770432944429179173513575154591809369561091801088 cup, 1/1532495540865888858358347027150309183618739122183602176 cup, 1/3064991081731777716716694054300618367237478244367204352 cup, 1/6129982163463555433433388108601236734474956488734408704 cup, 1/12259964326927110866866776217202473468949912977468817408 cup, 1/24519928653854221733733552434404946937899825954937634816 cup, 1/49039857307708443467467104868809893875799651909875269632 cup, 1/98079714615416886934934209737619787751599303819750539264 cup, 1/196159429230833773869868419475239575503198607639501078528 cup, 1/392318858461667547739736838950479151006397215279002157056 cup, 1/784637716923335095479473677900958302012794430558004314112 cup, 1/1569275433846670190958947355801916604025588861116008628224 cup, 1/3138550867693340381917894711603833208051177722232017256448 cup, 1/6277101735386680763835789423207666416102355444464034512896 cup, 1/12554203470773361527671578846415332832204710888928069025792 cup, 1/25108406941546723055343157692830665664409421777856138051584 cup, 1/50216813883093446110686315385661331328818843555712276103168 cup, 1/100433627766186892221372630771322662657637687111424552206336 cup, 1/200867255532373784442745261542645325315275374222849104412672 cup, 1/401734511064747568885490523085290650630550748445698208825344 cup, 1/803469022129495137770981046170581301261101496891396417650688 cup, 1/1606938044258990275541962092341162602522202993782792835301376 cup, 1/3213876088517980551083924184682325205044405987565585670602752 cup, 1/6427752177035961102167848369364650410088811975131171341205504 cup, 1/12855504354071922204335696738729300820177623950262342682411008 cup, 1/25711008708143844408671393477458601640355247900524685364822016 cup, 1/51422017416287688817342786954917203280710495801049370729644032 cup, 1/102844034832575377634685573909834406561420991602098741459288064 cup, 1/205688069665150755269371147819668813122841983204197482918576128 cup, 1/411376139330301510538742295639337626245683966408394965837152256 cup, 1/822752278660603021077484591278675252491367932816789931674304512 cup, 1/1645504557321206042154969182557350504982735865633579863348609024 cup, 1/3291009114642412084309938365114701009965471731267159726697218048 cup, 1/6582018229284824168619876730229402019930943462534319453394436096 cup, 1/13164036458569648337239753460458804039861886925068638906788872192 cup, 1/26328072917139296674479506920917608079723773850137277813577744384 cup, 1/52656145834278593348959013841835216159447547700274555627155488768 cup, 1/105312291668557186697918027683670432318895095400549111254310977536 cup, 1/210624583337114373395836055367340864637790190801098222508621955072 cup, 1/421249166674228746791672110734681729275580381602196445017243910144 cup, 1/842498333348457493583344221469363458551160763204392890034487820288 cup, 1/1684996666896914987166688442938726917102321526408785780068975640576 cup, 1/3369993333793829974333376885877453834204643052817571560137951281152 cup, 1/6739986667587659948666753771754907668409286105635143120275902562304 cup, 1/13479973335175319897333507543509815336818572211270286240551805124608 cup, 1/26959946670350639794667015087019630673637144422540572481103610249216 cup, 1/53919893340701279589334030174039261347274288845081144962207220498432 cup, 1/107839786681402559178668060348078522694548577690162289924414440996864 cup, 1/215679573362805118357336120696157045389097155380324579848828881993728 cup, 1/431359146725610236714672241392314090778194310760649159697657763987456 cup, 1/862718293451220473429344482784628181556388621521298319395315527974912 cup, 1/1725436586902440946858688965569256363112777243042596638790631055949824 cup, 1/3450873173804881893717377931138512726225554486085193277581262111899648 cup, 1/6901746347609763787434755862277025452451108972170386555162524223799296 cup, 1/13803492695219527574869511724554050904902217944340773110325048447598592 cup, 1/27606985390439055149739023449108101809804435888681546220650096895197184 cup, 1/55213970780878110299478046898216203619608871777363092441300193790394368 cup, 1/110427941561756220598956093796432407239217743554726184882600387580788736 cup, 1/220855883123512441197912187592864814478435487109452369765200775161577472 cup, 1/441711766247024882395824375185729628956870974218904739530401550323154944 cup, 1/883423532494049764791648750371459257913741948437809479060803100646309888 cup, 1/1766847064988099529583297500742918515827483896875618958121606201292619776 cup, 1/3533694129976199059166595001485837031654967793751237916243212402585239552 cup, 1/7067388259952398118333190002971674063309935587502475832486424805170479104 cup, 1/14134776519904796236666380005943348126619871175004951664972849610340958208 cup, 1/28269553039809592473332760011886696253239742350009903329945699220681916416 cup, 1/56539106079619184946665520023773392506479484700019806659891398441363832832 cup, 1/113078212159238369893331040047546785012958969400039613319782796882727665664 cup, 1/226156424318476739786662080095093570025917938800079226639565593765455331328 cup, 1/452312848636953479573324160190187140051835877600158453279131187530910662656 cup, 1/904625697273906959146648320380374280103671755200316906558262375061821325312 cup, 1/1809251394547813918293296640760748560207343510400633813116524750123642650624 cup, 1/3618502789095627836586593281521497120414687020801267626233049500247285301248 cup, 1/7237005578191255673173186563042994240829374041602535252466099000494570602496 cup, 1/14474011156382511346346373126085988481658748083205070504932198000989141204992 cup, 1/28948022312765022692692746252171976963317496166410141009864396001978282409984 cup, 1/57896044625530045385385492504343953926634992332820282019728792003956564819968 cup, 1/115792089251060090770770985008687907853269984665640564039457584007913129639936 cup, 1/231584178502120181541541970017375815706539969331281128078915168015826259279872 cup, 1/463168357004240363083083940034751631413079938662562256157830336031652518559744 cup, 1/926336714008480726166167880069503262826159877325124512315660672063305037119488 cup, 1/1852673428016961452332335760139006525652319754650249024631321344126610074238976 cup, 1/3705346856033922904664671520278013051304639509300498049262642688253220148477952 cup, 1/7410693712067845809329343040556026102609279018600996098525285376506440296955904 cup, 1/14821387424135691618658686081112052205218558037201992197050570753012880593911808 cup, 1/29642774848271383237317372162224104410437116074403984394101141506025761187823616 cup, 1/59285549696542766474634744324448208820874232148807968788202283012051522375647232 cup, 1/118571099393085532949269488648896417641748464297615937576404566024103044751294464 cup,

T TASSIES

CHOCOLATE BOURBON PECAN TASSIES

Makes 24

Cream Cheese Pastry Dough (recipe follows)

- ½ cup (55 grams) firmly packed light brown sugar**
- 2 tablespoons (42 grams) light corn syrup**
- 2 tablespoons (42 grams) dark corn syrup**
- 1 tablespoon (14 grams) unsalted butter, melted**
- 1 large egg (50 grams)**
- 1½ tablespoons (21 grams) bourbon**
- ⅛ teaspoon kosher salt**
- ¼ cup (28 grams) finely chopped pecans**
- ¼ cup (43 grams) chopped dark chocolate morsels**

1. Preheat oven to 350°F (180°C). Spray a 24-cup mini muffin pan with cooking spray.
2. On a lightly floured surface, roll Cream Cheese Pastry Dough to ⅛-inch thickness. Using a 2¼-inch round cutter, cut dough, rerolling scraps only once. Place one round in each prepared muffin cup, pressing into bottom and up sides. Prick dough with a fork. Freeze while preparing filling.
3. In a medium bowl, whisk together brown sugar, corn syrups, and melted butter until smooth. Add egg, bourbon, and salt, whisking until combined. In another medium bowl, combine pecans and chocolate morsels. Remove Cream Cheese Pastry Dough from freezer, and sprinkle 1 teaspoon pecan mixture into each prepared crust. Pour egg mixture over pecans, filling each cup three-fourths full.
4. Bake until filling is set and an instant-read thermometer inserted in center registers 185°F (85°C), about 20 minutes. Let cool in pan for 10 minutes. Remove from pan, and let cool completely on a wire rack.

CREAM CHEESE PASTRY DOUGH

Makes 24 tassies

- ½ cup (113 grams) unsalted butter, softened**
- ½ cup plus 2 teaspoons (85 grams) cream cheese, softened**
- 1 cup (125 grams) all-purpose flour**
- ½ teaspoon (1.5 grams) kosher salt**

1. In the bowl of a stand mixer fitted with the paddle attachment, beat butter and cream

cheese at medium speed until smooth. Reduce mixer speed to low. Gradually add flour and salt, beating until combined. Shape dough into a disk, and wrap in plastic wrap. Refrigerate for at least 30 minutes. (Dough can be made ahead of time. If chilled for a long period of time, let dough stand at room temperature for 15 to 20 minutes before rolling.)

TWO EASY TASSIE VARIATIONS:

COCONUT TASSIES

- 1 large egg (50 grams)**
 - ½ cup (100 grams) granulated sugar**
 - 2 tablespoons (28 grams) unsalted butter, melted**
 - ¼ cup plus ½ tablespoon (72 grams) evaporated milk**
 - ½ teaspoon (2 grams) vanilla extract**
 - ½ cup (60 grams) sweetened flaked coconut**
- Garnish: toasted sweetened flaked coconut**

1. Preheat oven and prepare Cream Cheese Pastry Dough as with Chocolate Bourbon Pecan Tassies. In a medium bowl, whisk together egg and sugar. Whisk in melted butter. Add evaporated milk and vanilla, whisking to combine. Whisk in coconut. Spoon 1½ teaspoons filling into each prepared crust. Bake until filling is set and an instant-read thermometer inserted in center registers 175°F (79°C), about 15 minutes. Let cool in pan for 10 minutes. Remove from pan, and let cool completely on a wire rack. Sprinkle with toasted coconut, if desired.

LEMON CHEESE TASSIES

- 1 cup (200 grams) granulated sugar**
- 2 tablespoons (28 grams) unsalted butter, melted**
- 1½ teaspoons (4.5 grams) cornmeal**
- 1½ teaspoons (4.5 grams) all-purpose flour**
- 2 large eggs (100 grams)**
- 2 tablespoons (30 grams) whole milk**

- 2 tablespoons (6 grams) lemon zest**
- 2 tablespoons (30 grams) fresh lemon juice**

1. Preheat oven and prepare Cream Cheese Pastry Dough as with Chocolate Bourbon Pecan Tassies. In a medium bowl, whisk together sugar, melted butter, cornmeal, and flour. Add eggs, whisking until combined. Whisk in milk and lemon zest and juice. Spoon 1½ teaspoons filling into each prepared crust. Bake until filling is set and an instant-read thermometer inserted in center registers 175°F (79°C), about 15 minutes. Let cool in pan for 10 minutes. Remove from pan, and let cool completely on a wire rack.

U | UPSIDE-DOWN CAKE

The South might not have invented upside-down cake, but you'd never know it based on the number of recipe iterations found in spiral bound community cookbooks. Tarte Tatin dates to 1800s France; the term "upside-down cake" first appeared in 1923 in several American publications, including the *Syracuse Herald*. But one signature move secured its place in the Southern hall of fame: cast iron skillet baking. Though many pans will work for these baked inversions, there's nothing like the heft and heating power of a cast iron skillet to caramelize fruit pressed to the bottom of the pan, from pineapple and cherries to apples. Since every Southern home had at least one skillet—and an upside-down cake is a visual showstopper sure to captivate a church supper audience—the popularity grew. Today, a bite of gooey fruit, sticky with butter and browned sugar, remains the prize of the dessert table.

Make our Peach Upside-Down Cake, page 45, or our Tomato Caramel Cornmeal Upside-Down Cake, page 67.

V | VINEGAR PIE

Another Appalachian favorite, vinegar pie came from cooks who couldn't always get their hands on citrus but needed the tang of acid in their baking. Don't expect it to be sour like vinegar. This pie has the sweetness and richness of a chess pie, just without the addition of cornmeal. Try this easy recipe:

Blind bake your favorite piecrust. After your piecrust bakes, make the vinegar pie filling. In a large bowl, whisk together **1½ cups (300 grams) granulated sugar** and **3 tablespoons (42 grams) melted unsalted butter**. Add **1½ tablespoons (12 grams) all-purpose flour**, and whisk until combined. Add **3 large eggs (150 grams)**, whisking until combined. Add **1½ cups (341 grams) water** and **3 tablespoons (45 grams) apple cider vinegar**, whisking until combined. Place bowl over a saucepan of simmering water; cook, stirring constantly, until a candy thermometer registers 175°F (79°C). Pour filling into prepared crust. Cover crust with foil, and bake until filling is set (and jiggles slightly), 35 to 40 minutes. Let cool completely.



W | WHITE LILY FLOUR

For generations, Southern bakers have tapped White Lily as their flour of choice. Milled from soft red winter wheat, it produces tender biscuits (the metric for most Southern cooks, let's be honest). And because this milled grain has lower protein than other available brands, your bakes can rise higher. That means soft and fluffy cookies and cakes. Since 1883, this Tennessee moniker has become synonymous with Southern baking. whitelily.com



X | XOCOLATL SMALL BATCH CHOCOLATE

Inside their 220-square-foot micro-factory in Atlanta, Georgia, Elaine Read and Matt Weyandt produce over five tons of bean-to-bar chocolate each year. The dark chocolate bars are made using responsibly sourced single-origin cacao from Peru, Madagascar, Nicaragua, and Ecuador. Add these bars, with their fruit, date, licorice, and floral notes, to your baking for a satisfying boost. xocolatlchocolate.com

Y | YELLOW CAKE

Yellow cake just sings decadence. It gets its color from using whole eggs (and often extra yolks) and butter. The more yolks and butter, the richer and yellower the cake. Like its cousin white cake, yellow cake tastes mostly of vanilla. But whereas the more delicate white cake tends to show up at baby showers and weddings, yellow cake tends to be moister, denser, and sturdier and belongs absolutely anywhere and everywhere. It can handle that extra layer of chocolate buttercream. Pack on the fruits or sprinkle in chocolate chips. Get an extra slice. We'll call it self-care.

Z | ZESTY LEMON BARS

Both sweet and tart, lemon bars are as at home at a ladies' luncheon as they are at a picnic. They're like the little black dress of Southern sweets. This recipe will keep you stocked up all summer long.

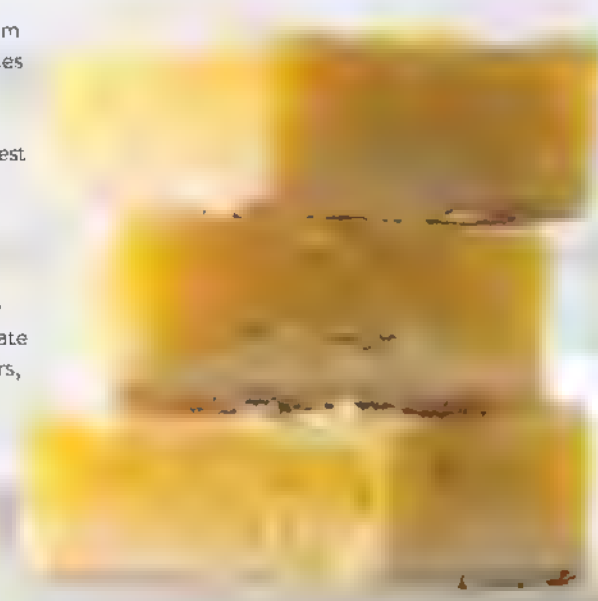
ZESTY LEMON BARS

Makes about 24

- 1 cup (227 grams) unsalted butter, softened
- 3½ cups (700 grams) granulated sugar, divided
- 3 cups (375 grams) all-purpose flour, divided
- ¼ teaspoon kosher salt
- 8 large eggs (400 grams), room temperature
- 2 tablespoons (6 grams) lemon zest
- 1 cup (240 grams) fresh lemon juice
- Confectioners' sugar, for dusting
- Garnish: lemon zest

1. Preheat oven to 350°F (180°C). Line a 13x9-inch metal baking pan with parchment paper.
2. In the bowl of a stand mixer fitted with the paddle attachment, beat butter and ½ cup (100 grams) granulated sugar at medium speed until creamy, 3 to 4 minutes, stopping to scrape sides of bowl.
3. In a medium bowl, whisk together 2 cups (250 grams) flour and salt. With mixer on low

- speed, gradually add flour mixture to butter mixture, beating just until combined. Gather dough into a ball, and flatten into a disk. Transfer to prepared pan, pressing into bottom.
4. Bake until lightly browned, about 15 minutes. Remove from oven, and let cool on pan on a wire rack.
5. In a large bowl, whisk together eggs, lemon zest and juice, and remaining 3 cups (600 grams) granulated sugar. Add remaining 1 cup (125 grams) flour, whisking to combine. Pour filling onto prepared crust.
6. Bake until set, 25 to 30 minutes. Remove from oven, and let cool completely. Refrigerate for at least 4 hours or overnight. Cut into bars, and dust with confectioners' sugar. Garnish with zest, if desired. Refrigerate in an airtight container for up to 5 days. ■



Praise the MAIZE

CORN IS FOR MORE THAN JUST ENJOYING ON THE COB. STEVEN SATTERFIELD, EXECUTIVE CHEF AND CO-OWNER OF ATLANTA'S MILLER UNION AND ONE OF THE MOST REVERED CULINARY FIGURES IN THE SOUTHEAST, SHARES INNOVATIVE WAYS TO COOK WITH THE WHITE HEIRLOOM VEGETABLE THAT HAS BEEN SHAPING THE SOUTHERN DIET FOR CENTURIES.

FOLLOW STEVEN SATTERFIELD ON INSTAGRAM AND TWITTER AT
@MILLERUNIONCHEF

PHOTOGRAPHY BY ANGIE JOHNSON
RECIPE DEVELOPMENT AND FOOD
STYLING BY STEVEN SATTERFIELD





Sweet Corn Madeleines
page 70



Lemon Chess Pie Bars with Cornbread-Graham Crust
page 70



Sweet Corn and Gruyere Souffle
page 67



SWEET CORN AND GRUYÈRE SOUFFLÉ

Makes 1 (6-cup) soufflé or 12 (6-ounce) soufflés

Imagine the lightest, fluffiest corn pudding you have ever tried. This is better than what you just dreamed up. Fresh chopped kernels elevate the texture and bring an earthy sweetness to this classic soufflé technique, made even more indulgent when combined with the undeniable umami of Gruyère cheese. Be careful not to overbake; the soufflé should be barely runny in the center when ready

- ¼ cup (57 grams) unsalted butter
- ¼ cup (31 grams) all-purpose flour
- 1 cup (240 grams) whole milk
- 1½ teaspoons (3 grams) fine sea salt, divided
- ½ teaspoon (1 gram) dry mustard
- ½ teaspoon (1 gram) ground white pepper
- ⅛ teaspoon ground nutmeg

- 1½ cups (208 grams) fresh corn kernels, chopped in a food processor
- 6 large eggs (300 grams), separated
- ⅛ teaspoon cream of tartar
- 1½ cups (150 grams) freshly grated Gruyère cheese

1. Preheat oven to 375°F (190°C). Spray a 6-cup soufflé pan or 12 (6-ounce) ramekins with cooking spray.
2. In a small saucepan, melt butter over medium-low heat until foamy. Whisk in flour; cook for 2 to 3 minutes, whisking constantly. Slowly whisk in milk; cook, stirring constantly, until thickened, about 3 minutes. Add 1 teaspoon (3 grams) salt, mustard, white pepper, and nutmeg, whisking to combine. Whisk in corn, and cook over low heat until bubbles begin to form. Remove from heat, and add egg yolks, one at a time, whisking well after each addition; set aside.
3. In the bowl of a stand mixer fitted with the whisk attachment, beat egg whites, cream of tartar, and remaining ½ teaspoon salt at low speed until well combined. Increase mixer speed to high, and beat until glossy stiff peaks form. (Do not overbeat or it will form dry peaks, which can make a grainy texture.)
4. Carefully fold one-fourth of egg whites into cooled corn sauce, making sure not to deflate air that has been incorporated into whipped whites. Stir in Gruyère; very carefully fold in remaining egg whites in 3 batches with a light but swift touch. Gently spoon mixture into prepared pan(s).
5. Bake until golden brown and soufflé has risen and puffed above rim of pan or ramekins. Bake individual 6-cup soufflé about 1 hour, covering with foil halfway through baking to prevent excess browning. Bake 6-ounce soufflés for 25 to 30 minutes. (The goal is to have the soufflé completely set but just barely runny in the very center.) Serve immediately.

TOMATO CARAMEL CORNMEAL UPSIDE-DOWN CAKE

Makes 1 (9-inch) cake

The recipe is a mash-up of tomato pie and upside-down cake. The caramel surrounding the roasted plum tomatoes brings their sweeter side to life.

- 6 ripe plum tomatoes (603 grams), sliced ½ inch thick and seeded
- 1 teaspoon (3 grams) kosher salt
- 1 cup (220 grams) firmly packed light brown sugar
- 1¼ cups (284 grams) unsalted butter, room temperature and divided
- 2 teaspoons (10 grams) fresh lemon juice
- ½ cup (100 grams) granulated sugar
- 4 large eggs (200 grams), room temperature
- 1 cup (240 grams) whole buttermilk
- 2 cups (300 grams) fine yellow cornmeal
- 1½ teaspoons (7.5 grams) baking powder
- 1 teaspoon (3 grams) fine sea salt
- 1 teaspoon fresh thyme leaves
- Zest of 1 lemon

1. Preheat oven to 350°F (180°C).
2. Sprinkle slices with salt, and place in a roasting pan.
3. Roast for 40 minutes. Remove from oven, and let cool. Discard skins from cooled tomatoes. Set roasted tomato slices aside, and reserve any liquids that may have collected from roasting pan.
4. In a large saucepan, combine reserved tomato drippings, brown sugar, ¼ cup (57 grams) butter, and lemon juice. Heat over medium-high heat until sugar is dissolved and large bubbles form, about 4 minutes.
5. Spray a 9-inch cast-iron skillet with cooking spray. Pour caramel into prepared pan. Arrange roasted tomato slices across bottom of pan neatly and tightly to cover entire surface.
6. In the bowl of a stand mixer fitted with the paddle attachment, beat granulated sugar and remaining 1 cup (227 grams) butter at medium speed until creamy, 3 to 4 minutes, stopping to scrape sides of bowl. Add eggs, one at a time, beating well after each addition. Beat in buttermilk.
7. In a medium bowl, whisk together cornmeal, baking powder, sea salt, thyme, and zest. Add cornmeal mixture to butter mixture, stirring by hand until well combined. Spoon batter over tomato layer in pan.
8. Bake until cake is set and sides have sprung from edges of skillet, about 1 hour. Loosen edges of cake with a small knife or spatula while still warm. Let cool for 15 minutes before carefully inverting onto a platter. Let cool completely before serving.



Signature



SWEET CORN, CHEDDAR & JALAPEÑO SCONES

(Makes 12 to 14)

I love a biscuit or a scone in just about any form. So, imagine my delight when I discovered how perfectly fresh corn both sweetens and moisturizes the scone dough, spiked with jalapeño, tangy Cheddar, and spices.

- 2½ cups (313 grams) all-purpose flour
- 1 tablespoon (12 grams) granulated sugar
- 1 tablespoon (15 grams) baking powder
- 2 teaspoons (6 grams) fine sea salt
- 1 teaspoon (2 grams) ground cumin
- 1 teaspoon (2 grams) chili powder
- ½ cup (113 grams) very cold unsalted butter, cubed
- 2½ cups (250 grams) shredded extra-sharp white Cheddar cheese
- 1 bunch (81 grams) scallions, thinly sliced
- 1 jalapeño (34 grams), minced, including seeds
- 2 large eggs (100 grams)
- 2½ cups (380 grams) fresh corn kernels, coarsely chopped in food processor
- ½ cup (120 grams) plus 2 tablespoons (30 grams) half-and-half, divided
- Flaked sea salt, for sprinkling

1. Preheat oven to 450°F (230°C).
2. In a large bowl, whisk together flour, sugar, baking powder, salt, cumin, and chili powder. Work cold butter into flour mixture, flattening fat between your thumb and forefinger and breaking it up into pea-size pieces until mixture is crumbly. (It is fine to have a few larger chunks of butter here and there.) Add Cheddar, scallions, and jalapeño to flour mixture, stirring to combine.
3. In a small bowl, whisk together eggs, corn, and ½ cup (120 grams) half-and-half. Add

egg mixture to flour mixture, stirring just until combined and dough holds together.

4. Line a baking sheet with parchment paper.
5. Turn out dough onto a lightly floured surface. Dust top of dough lightly with flour, and roll to 1-inch thickness. (The dough will be sticky, so you will need to keep your hands and the rolling pin floured as well.) Using a 2½-inch square cutter, cut dough. Using a sharp knife, slice each piece of dough diagonally. Place on prepared pan. Refrigerate for 15 minutes, or freeze for 5 minutes.
6. Brush dough with remaining 2 tablespoons (30 grams) half-and-half, and sprinkle with sea salt.
7. Bake until golden brown, about 15 minutes. Serve hot or at room temperature.

LEMON CHESS PIE BARS WITH CORNBREAD-GRAHAM CRUST

Makes 12 to 15 servings

The crust to this pie bar is basically a sweet cornbread that is baked with the flavor profile of a graham cracker and transformed into the crust on the bottom of a lemon chess pie. I mean, what?? It works, y'all, and the sweet cornbread is amazing on its own!

Sweet Cornbread (recipe follows), cubed and dried

- ¾ cup (55 grams) firmly packed light brown sugar
 - 6 tablespoons (84 grams) unsalted butter, softened
 - 6 large eggs (300 grams)
 - 1½ cups (300 grams) granulated sugar
 - ¾ cup (180 grams) fresh lemon juice
 - ¾ cup (60 grams) whole buttermilk
 - 1 tablespoon (9 grams) fine cornmeal
 - ½ teaspoon (1.5 grams) kosher salt
 - 6 tablespoons (84 grams) unsalted butter, melted
 - ¾ teaspoon grated fresh nutmeg
- Whipped cream, to serve
Garnish: grated fresh nutmeg

1. Preheat oven to 350°F (180°C).
2. In the work bowl of a food processor, place dried, cubed Sweet Cornbread; pulse until crumbly. Add brown sugar and softened butter; pulse until just combined. Firmly press mixture to about ¼-inch thickness into a 13x9-inch baking dish with sides no higher than 2 inches. (The crust will only go onto the bottom of the dish, not up the sides; there might be slightly more crust than you need.

The remainder can be frozen in an airtight container for future use.)

3. Bake until lightly browned and slightly dried and crisp, about 20 minutes. Let cool completely.
4. In a medium bowl, whisk together eggs, granulated sugar, lemon juice, buttermilk, cornmeal, and salt. Add melted butter and nutmeg, stirring until combined. Pour filling into prepared crust.
5. Bake just until set, 25 to 30 minutes. Remove from oven, and let cool. Serve at room temperature with whipped cream. Garnish with nutmeg, if desired.

Note: This can be refrigerated after cooling and served the following day.

SWEET CORNBREAD

Makes 1 (9-inch) skillet

- 3 tablespoons (42 grams) unsalted butter, melted and divided
- 1 cup (240 grams) whole buttermilk
- ¾ cup (100 grams) granulated sugar
- ¾ cup (85 grams) molasses
- 1 large egg (50 grams)
- ¾ cup (75 grams) fine yellow cornmeal
- ¾ cup (60 grams) graham flour*
- 1 teaspoon (3 grams) fine sea salt
- ¾ teaspoon (2.5 grams) baking soda

1. Preheat oven to 400°F (200°C). Grease a 9-inch cast-iron skillet or cake pan with 1 tablespoon (14 grams) melted butter.
2. In a medium bowl, whisk together buttermilk, sugar, molasses, and egg. In a small bowl, whisk together cornmeal, flour, salt, and baking soda. Add cornmeal mixture to buttermilk mixture, whisking until well combined. Add remaining 2 tablespoons (28 grams) melted butter, whisking until combined. Pour batter into prepared pan.
3. Bake until set and golden brown, about 20 minutes. Let cool for 15 minutes. Remove from pan, and cut into 1-inch cubes. The goal is to dry out the cornbread a bit so that it makes a nice crust. You can either leave them out for a few hours to become stale, or pop cubed cornbread in a low oven (200°F/93°C) for 20 minutes to speed things up.

*Graham flour can be found at most health food stores or online. Whole wheat flour can also be substituted for graham flour.

SWEET CORN MADELEINES

Makes 24

These little corn cakes have lots of lift from egg and baking powder but plenty of butter to keep them in touch with the Earth's gravity. The secret is the pulverized sweet corn that permeates the batter and naturally sweetens every bite.

- 3 large eggs (150 grams)
- ½ cup (100 grams) granulated sugar
- 1 cup (150 grams) fine yellow cornmeal
- 1 teaspoon (5 grams) baking powder
- 1 teaspoon (3 grams) fine sea salt
- 1½ cups (208 grams) fresh sweet corn kernels, roughly chopped in a food processor
- ¾ cup (170 grams) unsalted butter, melted and cooled

Garnish: confectioners' sugar

1. Preheat oven to 370°F (188°C). Butter and flour 2 (12-cup) madeleine pans.
2. In a medium bowl, whisk together eggs and granulated sugar. In a small bowl, stir together cornmeal, baking powder, and salt. Add cornmeal mixture to egg mixture, whisking until combined. Add chopped corn and melted butter, stirring until well combined. Spoon batter into prepared cups, filling almost to top but not overflowing.
3. Bake until lightly golden and madeleines spring back when lightly pressed in center, 10 to 15 minutes. Remove from oven, and tap the corner of the pan on counter to release madeleines. They should pop right out. If not, gently loosen with the tip of a knife or a wooden pick. Serve warm or room temperature; sprinkle with confectioners' sugar, if desired.

Note: If you don't have madeleine pans, you can use a mini muffin pan instead. ☺

The Big Chill

SOUTHERNERS KNOW THAT SUMMERTIME BAKING IS AS MUCH ABOUT BEATING THE HEAT AS IT IS SATISFYING SWEET CRAVINGS. ENTER THE ICEBOX PIE, A CREAMY DESSERT THAT, AFTER A REST IN THE REFRIGERATOR OR FREEZER, EMERGES AS PROPERLY CHILLED PERFECTION. KATE WOOD, AN ALABAMA-BASED BAKING BLOGGER, SHARES HER COOLEST TAKES ON THE WELL-LOVED TREAT.

PHOTOGRAPHY BY MARCY BLACK SIMPSON / RECIPE DEVELOPMENT AND
FOOD STYLING BY KATE WOOD / STYLING BY MARY BETH JONES





With her award-winning blog *Wood and Spoon*, Selma-based Kate Wood puts the “sweet” in Sweet Home Alabama, adding contemporary twists to classic Southern desserts. Growing up in Florida, Kate enjoyed her fair share of icebox pies as the frosty finales served at backyard barbecues and summertime birthday parties, but it was her grandmother Mimi who first taught Kate to bake when she was a little girl. “Some of my favorite memories are of baking with my Mimi,” says Kate. “I appreciate how Southerners take time to share their passions with the people that they cherish, and I plan to pass on my love of food to my two kids.” Chill out with an icebox pie, and revel in one of the greatest Southern traditions: baking for and with loved ones.











Brûléed Key Lime Pies

BRÛLÉE KEY LIME PIES

Makes 4 (4½-inch) pies

I made these mini pies for my dad on his birthday last year in honor of his two favorite desserts, crème brûlée and Key lime pie. The burnt sugar topping complements the tart pie filling and adds a touch of surprise to what is an otherwise simple dessert. For best results, make these pies ahead of time and brûlée them just before serving

- 1 cup (130 grams) finely crushed graham crackers
- 3 tablespoons (42 grams) firmly packed light brown sugar
- ½ teaspoon (1.5 grams) kosher salt
- ¼ cup (57 grams) unsalted butter, melted
- 4 large egg yolks (74 grams)
- 1 (14-ounce) can (396 grams) sweetened condensed milk
- 1½ teaspoons (1.5 grams) Key lime zest
- ½ cup (120 grams) fresh Key lime juice
- ¼ cup (50 grams) granulated sugar

1. Preheat oven to 350°F (180°C). Butter and flour 4 (4½-inch) removable-bottom tart pans.
2. In the work bowl of a food processor, pulse together crushed graham crackers, brown sugar, and salt until fine crumbs remain. Add melted butter, and pulse to combine. Divide mixture among prepared pans, pressing into bottoms and up sides. Place tart pans on a small baking sheet
3. Bake until set, 8 to 10 minutes. Let cool slightly.
4. In a medium bowl, whisk egg yolks vigorously until slightly thickened and pale in color, 1 to 2 minutes. Add condensed milk and Key lime zest and juice, whisking to combine. Divide mixture among prepared crusts.

5. Bake until outer edges of pies have set, 11 to 12 minutes. Refrigerate until cold, 1 to 2 hours. Carefully unmold pies, and sprinkle tops with granulated sugar. Using a kitchen torch, carefully brûlée tops. Let stand for 3 to 4 minutes before serving

BANANA COCONUT CREAM PIE

Makes 1 (9-inch) deep-dish pie

This Banana Coconut Cream Pie is perfect for the home baker who doesn't want to choose between two Southern favorites. I like this pie topped with a cloud of whipped cream and fresh banana slices, and a sprinkle of toasted coconut is great here as well. In addition to taking part in the eating, my daughter really loves to take a pinch of something and sprinkle it over the food—the toasted coconut topping gets her involved in the baking.

- 1¼ cups (250 grams) granulated sugar, divided
- 6 tablespoons (48 grams) all-purpose flour
- ½ teaspoon (1.5 grams) kosher salt
- 2½ cups (640 grams) whole milk
- 4 large egg yolks (74 grams), lightly beaten
- 3 tablespoons (42 grams) unsalted butter
- 2½ teaspoons (10 grams) vanilla extract, divided
- 1 cup (60 grams) sweetened flaked coconut
- 2 large ripe bananas (248 grams), sliced
- Vanilla-Coconut Crust (recipe follows)
- 1½ cups (360 grams) heavy whipping cream
- Garnish: 1 medium banana (113 grams), sliced

1. In a medium saucepan, whisk together 1 cup (200 grams) sugar, flour, and salt. Slowly whisk in milk. Cook over medium heat, whisking constantly, until mixture is bubbly and thickened. Cook 2 minutes more.
2. Place egg yolks in a small bowl. Slowly drizzle

about 1 cup hot milk mixture into egg yolks, whisking constantly. Pour egg mixture into remaining hot milk mixture in saucepan, and cook for 1 to 2 minutes, stirring constantly. Add butter and 1½ teaspoons (6 grams) vanilla, stirring until combined. Stir in coconut. Let cool at room temperature for 10 minutes.

3. Layer bananas in bottom of prepared Vanilla-Coconut Crust. Spoon filling over bananas. Cover with a piece of plastic wrap, pressing wrap directly onto surface of filling to prevent a skin from forming. Refrigerate for at least 4 hours. For best results, refrigerate overnight.

4. In the bowl of a stand mixer fitted with the whisk attachment, beat cream at medium speed until soft peaks form. Add remaining ¼ cup (50 grams) sugar and remaining 1 teaspoon (4 grams) vanilla, and beat until thickened and cloud-like. Dollop whipped cream onto filling, and top with banana slices, if desired.

VANILLA-COCONUT CRUST

Makes 1 (9-inch) deep-dish crust

- 50 Vanilla Wafers (185 grams)
- ¾ cup (45 grams) sweetened flaked coconut
- ½ teaspoon kosher salt
- 6 tablespoons (84 grams) unsalted butter, melted

1. Preheat oven to 350°F (180°C). Line a 9-inch square baking dish with parchment paper, letting excess extend over sides of pan.
2. In the work bowl of a food processor, pulse together vanilla wafers, coconut, and salt until fine crumbs remain. Add melted butter, and pulse to combine. Press mixture into bottom and halfway up sides of prepared pan.
3. Bake until set, about 8 minutes. Let cool completely. Using excess parchment as handles, gently remove crust.

Note: We used a square baking dish, but this recipe will also work in a standard round deep-dish pie plate.



BERRIES AND CREAM PIE

Makes 1 (9-inch) pie

With a tangy buttermilk filling, buttery pecan-laced crust, and sweet berry topping, this pie represents everything I've come to know and love about quintessentially Southern desserts. Berries fit perfectly with this pie, but peaches, plums, and dark cherries would be a great addition.

- 5 large egg yolks (93 grams)
- $\frac{1}{4}$ cup plus 6 tablespoons (122 grams) granulated sugar, divided
- $2\frac{1}{2}$ tablespoons (20 grams) cornstarch
- $\frac{1}{2}$ teaspoon (1.5 grams) kosher salt
- $2\frac{1}{4}$ cups (660 grams) heavy whipping cream, divided
- $\frac{3}{4}$ cup (160 grams) whole buttermilk
- 1 teaspoon (6 grams) vanilla bean paste
- $\frac{3}{4}$ teaspoon lemon zest
- Graham Cracker-Pecan Crust (recipe follows)
- 1 cup (170 grams) mixed fresh berries, hulled, washed, and dried

1. In a medium bowl, whisk together egg yolks, $\frac{1}{4}$ cup plus 3 tablespoons (86 grams) sugar, cornstarch, and salt.
2. In a medium saucepan, bring $1\frac{1}{4}$ cups (420 grams) cream, buttermilk, and vanilla bean paste to a simmer over medium-low heat, whisking occasionally. Slowly drizzle a small amount of hot cream mixture into egg mixture, whisking constantly. Slowly add remaining hot cream mixture to egg mixture, whisking constantly. Pour mixture back into saucepan, and cook, stirring constantly, until slightly thickened (about the consistency of mayonnaise), about 4 minutes. Remove from heat, and stir in zest. Let cool for 10 minutes, stirring every minute or so. Pour filling into prepared Graham Cracker-Pecan Crust, smoothing top with an offset spatula. Cover with a piece of plastic wrap, pressing wrap directly onto surface of filling to prevent a skin from forming. Refrigerate overnight.
3. In the bowl of a stand mixer fitted with the paddle attachment, beat remaining 1 cup (240 grams) cream and remaining 3 tablespoons (36 grams) sugar at medium-high speed until stiff peaks form. Spread whipped cream onto pie. Top with berries. Refrigerate until ready to serve.

GRAHAM CRACKER-PECAN CRUST

Makes 1 (9-inch) crust

- 1 cup (130 grams) finely crushed graham crackers
- $\frac{3}{4}$ cup (85 grams) finely chopped pecans
- $\frac{1}{4}$ cup (50 grams) granulated sugar
- $\frac{1}{2}$ teaspoon (1.5 grams) kosher salt
- 7 tablespoons (98 grams) unsalted butter, melted

1. Preheat oven to 350°F (180°C).
2. In a medium bowl, stir together crushed graham crackers, pecans, sugar, and salt. Add melted butter, and stir until mixture comes together in a wet sand consistency. Pat mixture into bottom and halfway up sides of a 9-inch springform pan*.
3. Bake until set, 8 to 10 minutes. Let cool completely in pan. Remove ring to release crust.

**This crust can also be made in a 9-inch pie plate. Pat mixture all the way up sides of plate.*

TRIPLE CHOCOLATE PIE

Makes 1 (10-inch) deep-dish pie

Some days require chocolate; others call for triple chocolate. A crunchy, press-in crust is filled with a silky bittersweet chocolate custard and a fluffy, cocoa-scented Swiss meringue topping. It's a chocolate lover's dream, and I would know—I come from a long line of them.

- 2 cups (400 grams) granulated sugar, divided
- 6 tablespoons (48 grams) all-purpose flour
- $\frac{1}{4}$ teaspoon (1.5 grams) kosher salt
- 3 cups (720 grams) whole milk
- 4 large egg yolks (74 grams), lightly beaten
- 6 ounces (175 grams) bittersweet chocolate, chopped
- 3 tablespoons (42 grams) unsalted butter
- $2\frac{1}{2}$ teaspoons (10 grams) vanilla extract, divided
- Chocolate Crust (recipe follows)
- 4 large egg whites (120 grams)
- $\frac{1}{4}$ teaspoon cream of tartar
- 2 tablespoons (10 grams) cocoa powder

1. In a medium saucepan, whisk together 1 cup (200 grams) sugar, flour, and salt. Slowly whisk in milk. Cook over medium heat,

whisking constantly, until mixture is bubbly and thickened. Cook 2 minutes more.

2. Place egg yolks in a medium bowl. Slowly drizzle $\frac{1}{2}$ cup hot milk mixture into egg yolks, whisking constantly. Whisk in remaining hot milk mixture. Return mixture to saucepan, and cook, stirring constantly, until mixture thickens, 5 to 10 minutes. Remove from heat; add chocolate, butter, and $1\frac{1}{2}$ teaspoons (6 grams) vanilla, stirring until smooth. Pour filling into prepared Chocolate Crust. Cover with a piece of plastic wrap, pressing wrap directly onto surface of filling to prevent a skin from forming. Refrigerate overnight, or freeze for at least 3 hours.

3. In the top of a double boiler, whisk together egg whites, cream of tartar, remaining 1 cup (200 grams) sugar, and remaining 1 teaspoon (4 grams) vanilla. Cook over simmering water, stirring constantly with a spatula, until sugar is dissolved, about 6 minutes. Transfer mixture to the bowl of a stand mixer fitted with the whisk attachment; beat at high speed until medium-stiff peaks form, about 5 minutes. Fold in cocoa. Place large dollops of meringue on top of pie. Spread meringue just barely to edges of crust to prevent weeping. Using a kitchen torch, carefully brown meringue, or bake in a 500°F (260°C) oven until topping is browned, about 5 minutes. Serve immediately.

CHOCOLATE CRUST

Makes 1 (10-inch) deep-dish crust

- $1\frac{1}{4}$ cups (250 grams) granulated sugar
- $\frac{3}{4}$ cup (64 grams) dark cocoa powder
- $\frac{3}{4}$ cup (83 grams) all-purpose flour
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ cup (113 grams) unsalted butter, melted

1. Preheat oven to 325°F (170°C).
2. In a medium bowl, whisk together sugar, cocoa, flour, and salt. Add melted butter, and stir with a spatula just until combined into large, moist clumps. Pat mixture into a tall-sided 10-inch fluted removable-bottom tart pan. Gently press mixture up sides first; pat remaining mixture into bottom.
3. Bake until set, 8 to 10 minutes. Let cool completely.

BLACK BOTTOM PEANUT BUTTER ICEBOX PIE

Makes 1 (9-inch) deep-dish pie

I've enjoyed my fair share of diner-style peanut butter pie, and this rich version pays homage to those early slices from my childhood. The brown sugar-pretzel crust really amps up the sweet and salty factor—always a plus in my book.

- 1½ cups (150 grams) finely crushed salted pretzels
- ¼ cup (55 grams) firmly packed light brown sugar
- ½ teaspoon (1.5 grams) kosher salt
- ½ cup (113 grams) unsalted butter, melted
- 5 ounces (150 grams) semisweet chocolate, chopped
- 3½ cups plus 2 tablespoons (870 grams) heavy whipping cream, divided
- 8 ounces (225 grams) cream cheese, room temperature
- 1 cup (256 grams) creamy peanut butter
- 1 cup (120 grams) confectioners' sugar
- ¼ cup (50 grams) granulated sugar
- Garnish: salted pretzels

1. Preheat oven to 350°F (180°C).
2. In a large bowl, stir together crushed pretzels, brown sugar, and salt. Add melted butter, and stir until mixture comes together in a wet sand consistency. Pat mixture into bottom of a 9-inch deep-dish pie plate.
3. Bake until set, 8 to 10 minutes. Let cool completely.

4. Place chocolate in a small bowl. In a medium saucepan, heat ½ cup plus 2 tablespoons (150 grams) cream over medium heat, stirring frequently, just until bubbles form around edges of pan (do not boil). Pour hot cream over chocolate. Cover tightly with a piece of plastic wrap; let stand for 5 minutes. Uncover and whisk until smooth. If large pieces of chocolate remain, microwave on low in 15-second intervals, stirring between each, until smooth. Pour ganache into prepared crust, smoothing to edges. Freeze until firm, at least 2 hours.
5. In the bowl of a stand mixer fitted with the whisk attachment, beat 1½ cups (360 grams) cream at low speed until stiff peaks form. Transfer to a medium bowl; set aside.
6. Clean bowl of stand mixer. Using the paddle attachment, beat cream cheese, peanut butter, and confectioners' sugar at medium-high speed until smooth and creamy. Add about ½ cup whipped cream, and beat to combine. Fold in remaining whipped cream. Spread filling onto ganache. Freeze until firm, about 1 hour.
7. Clean bowl of stand mixer. Using the whisk attachment, beat granulated sugar and remaining 1¼ cups (360 grams) cream at medium speed until firm, fluffy peaks form. Spoon mixture on top of filling. Garnish with pretzels, if desired. 





5 WAYS WITH Hummingbird

THE HUMMINGBIRD CAKE HAS BEEN RACKING UP COUNTY FAIR BLUE RIBBONS AND GRACING SUNDAY SUPPERS AND POTLUCK PICNICS ACROSS THE SOUTH FOR MORE THAN FOUR DECADES. WE CELEBRATE THIS SOUTHERN STAPLE WITH INNOVATIONS THAT GO BEYOND THE CLASSIC CAKE FORM, DON'T WORRY—WE'VE GOT THAT, TOO.

cover recipe









PRO TIP

Overripe bananas are best for baking. They add deeper flavor and help keep your baked goods moist.

HUMMINGBIRD COOKIE BARS

Makes 24

These party-perfect bars are creamy, crumbly, and crispy all at once. For the best results, we suggest refrigerating overnight. But if you're in a hurry, you can cut that time down to at least 1 hour before serving.

- 12 ounces (340 grams) cream cheese, softened
- $\frac{1}{4}$ cup (50 grams) granulated sugar
- 2 large eggs (100 grams)
- 2 teaspoons (8 grams) vanilla extract
- $\frac{1}{2}$ cup (114 grams) mashed banana
- Spiced Cookie Crust (recipe follows)
- 2 cups (400 grams) diced fresh pineapple
- $1\frac{1}{4}$ cups (80 grams) sweetened flaked coconut

- 1 cup (113 grams) chopped pecans
- $\frac{1}{2}$ cup (44 grams) broken banana chips
- $\frac{1}{4}$ cup (57 grams) unsalted butter, melted

1. Preheat oven to 350°F (180°C).
2. In the bowl of a stand mixer fitted with the paddle attachment, beat cream cheese and sugar at medium speed until creamy, 3 to 4 minutes, stopping to scrape sides of bowl. Add eggs and vanilla, beating until well combined. Fold in mashed banana. Spread cream cheese mixture onto prepared Spiced Cookie Crust. Sprinkle with pineapple.
3. In a medium bowl, stir together coconut, pecans, banana chips, and melted butter until well combined. Sprinkle over pineapple.
4. Bake until filling is set, 35 to 40 minutes, covering with foil to prevent excess browning, if necessary. Let cool completely. Refrigerate overnight before serving. Using excess parchment as handles, remove from pan, and cut into bars

SPICED COOKIE CRUST

Makes 1 (13x9-inch) crust

- 2 cups (250 grams) all-purpose flour
- $\frac{1}{2}$ cup (100 grams) granulated sugar
- $\frac{3}{4}$ teaspoon (1.5 grams) ground cinnamon
- $\frac{1}{2}$ teaspoon (1.5 grams) kosher salt
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{3}{4}$ cup (170 grams) unsalted butter, softened and cubed

1. Preheat oven to 350°F (180°C). Butter and flour a 13x9-inch baking dish. Line pan with parchment paper, letting excess extend over sides of pan.
2. In a medium bowl, whisk together flour, sugar, cinnamon, salt, and nutmeg. Using a pastry blender, cut in butter until mixture is crumbly. Firmly press mixture into bottom of prepared pan.
3. Bake until lightly golden, about 40 minutes. Let cool completely.



CLASSIC HUMMINGBIRD CAKE

Makes 1 (9-inch) cake

Bits of juicy pineapple and toasty pecan coalesce with sweet banana and warm notes of cinnamon, all blanketed in swoops of Cream Cheese Frosting. This hefty cake is far less diminutive than the bird it's named for. You don't cream the butter and sugar. (No stand mixer needed for the cake layers!) This method, along with the myriad of batter ingredients, lends a dense, crumbly texture that verges on half-cake, half-quick bread. It tastes even better the next day.

- 3½ cups (417 grams) all-purpose flour
- 1½ cups (267 grams) granulated sugar
- 1 teaspoon (2 grams) ground cinnamon
- ¾ teaspoon (3.75 grams) baking soda
- ½ teaspoon (1.5 grams) kosher salt
- ¼ teaspoon ground nutmeg
- ½ cup (57 grams) chopped pecans, toasted
- 1 cup (227 grams) mashed ripe banana
- ¾ cup (168 grams) canola oil
- 1 teaspoon (4 grams) vanilla extract
- 3 large eggs (150 grams), room temperature
- 1 cup (200 grams) finely chopped fresh pineapple

Cream Cheese Frosting (recipe follows)

1. Preheat oven to 350°F (180°C). Butter and flour 2 (9-inch) round cake pans. Line bottom of pans with parchment paper; butter and flour again.
2. In a large bowl, sift together flour, sugar, cinnamon, baking soda, salt, and nutmeg; stir in pecans. In a medium bowl, stir together banana, oil, vanilla, and eggs. Make a well in center of flour mixture; add banana mixture, stirring just until moistened. Fold in pineapple. Divide batter between prepared pans.
3. Bake until a wooden pick inserted in center comes out clean, 25 to 30 minutes. Let cool in pans for 10 minutes. Remove from pans, and let cool completely on wire racks. Spread Cream Cheese Frosting between layers and on top and sides of cake. Refrigerate for at least 1 hour before serving

CREAM CHEESE FROSTING

Makes about 5½ cups

- 16 ounces (455 grams) cream cheese, softened
- ½ cup (113 grams) unsalted butter, softened
- 1 teaspoon (4 grams) vanilla extract
- 6½ cups (780 grams) confectioners' sugar

1. In the bowl of a stand mixer fitted with the paddle attachment, beat cream cheese and butter at medium speed until creamy,

3 to 4 minutes. Beat in vanilla. Gradually add confectioners' sugar, beating until smooth. Use immediately.

HUMMINGBIRD BUNDT CAKE

Makes 1 (12-cup) Bundt cake

Think of this Bundt as the frosted layer cake's laid-back cousin. It requires less effort to make but packs all the same spiced, fruity flavor of the original. Bananas and whole milk keep the cake moist and flavorful for days, but the best part is that tangy, spoon-licking Cream Cheese Icing.

- ½ cup (57 grams) chopped pecans
- 3½ cups (417 grams) all-purpose flour
- 1½ cups (267 grams) granulated sugar
- 1 teaspoon (3 grams) kosher salt
- 1 teaspoon (2 grams) ground cinnamon
- 1 teaspoon (5 grams) baking powder
- ¾ teaspoon (3.75 grams) baking soda
- ¼ teaspoon ground nutmeg
- 1½ cups (341 grams) mashed ripe banana
- 1 cup (224 grams) canola oil
- ½ cup (120 grams) whole milk, room temperature
- 1 teaspoon (4 grams) vanilla extract
- 3 large eggs (150 grams), room temperature
- 1 cup (200 grams) finely chopped fresh pineapple

Cream Cheese Icing (recipe follows)

Garnish: toasted chopped pecans

1. Preheat oven to 350°F (180°C). Butter and flour a 12-cup Bundt pan.
2. Sprinkle pecans in bottom of prepared pan.
3. In a large bowl, sift together flour, sugar, salt, cinnamon, baking powder, baking soda, and nutmeg. In a medium bowl, stir together banana, oil, milk, vanilla, and eggs. Make a well in center of flour mixture; add banana mixture, stirring just until moistened. Fold in pineapple. Pour batter over pecans, smoothing top with an offset spatula.
4. Bake until a wooden pick inserted near center comes out clean, 55 minutes to 1 hour, covering with foil halfway through baking to prevent excess browning. Let cool in pan for 10 minutes. Invert cake onto a wire rack, and let cool completely. Pour Cream Cheese Icing over cooled cake. Top with toasted pecans, if desired

CREAM CHEESE ICING

Makes about 1½ cups

- 3 ounces (86 grams) cream cheese, softened
- ¼ cup (60 grams) whole milk, room temperature

- ¼ teaspoon (1 gram) vanilla extract
- 1¾ cups (210 grams) confectioners' sugar

1. In the bowl of a stand mixer fitted with the paddle attachment, beat cream cheese at medium speed until creamy. Add milk and vanilla, beating until combined. Gradually add confectioners' sugar, beating until smooth. Use immediately.

HUMMINGBIRD LOAF

Makes 1 (9x5-inch) loaf

This may be the most vivacious loaf bread you've ever tasted. Little bits of dried apricot deliver intermittent bursts of sweet-tart flavor, and an ample pour of spiced rum turns up the va-va-voom. The pecan- and oat-packed streusel topping and the rich cream cheese mixed in with the batter ensure the perfect dose of tender crumble and crunch in every bite.

- 1 cup (240 grams) spiced rum
 - ½ cup (64 grams) dried pineapple pieces, diced
 - ½ cup (64 grams) diced dried apricot
 - 4 ounces (115 grams) cream cheese, softened
 - ½ cup (76 grams) unsalted butter, softened
 - 1 cup (200 grams) granulated sugar
 - 1 large egg (50 grams), room temperature
 - ½ teaspoon (2 grams) vanilla extract
 - 1½ cups (188 grams) all-purpose flour
 - 1 teaspoon (2 grams) ground cinnamon
 - ½ teaspoon (1.5 grams) kosher salt
 - ½ teaspoon (2.5 grams) baking powder
 - ¼ teaspoon (1.25 grams) baking soda
 - ¼ teaspoon ground nutmeg
 - ¾ cup (171 grams) mashed banana
 - ½ cup (57 grams) chopped pecans
- Pecan-Oat Streusel (recipe follows)
Vanilla Glaze (recipe follows)

1. In a small saucepan, bring rum, pineapple, and apricot to a boil over medium heat. Reduce heat to low, and simmer until fruit is plump and liquid has evaporated, about 20 minutes. Remove from heat, and let cool completely.
2. Preheat oven to 350°F (180°C). Butter and flour a 9x5-inch loaf pan. Line pan with parchment paper, letting excess extend over sides of pan.
3. In the bowl of a stand mixer fitted with the paddle attachment, beat cream cheese and butter at medium speed until creamy. Add sugar, and beat until fluffy, 3 to 4 minutes, stopping to scrape sides of bowl. Add egg, beating well. Beat in vanilla.
4. In a medium bowl, whisk together flour, cinnamon, salt, baking powder, baking soda, and nutmeg. With mixer on low speed, gradually

add flour mixture to cream cheese mixture, beating until combined. Fold in banana, pecans, and rehydrated fruit. Spoon batter into prepared pan. Top with Pecan-Oat Streusel. **5.** Bake until golden brown and a wooden pick inserted in center comes out clean, 1 hour to 1 hour and 10 minutes, covering with foil halfway through baking to prevent excess browning. Let cool in pan for 10 minutes. Using excess parchment as handles, remove from pan, and let cool completely on a wire rack. Drizzle Vanilla Glaze over cooled loaf. Store in an airtight container at room temperature for up to 4 days.

PECAN-OAT STREUSEL

Makes about $\frac{1}{2}$ cup

- $\frac{1}{4}$ cup (28 grams) chopped pecans
- $\frac{1}{4}$ cup (20 grams) old-fashioned oats
- $\frac{1}{4}$ cup (55 grams) firmly packed light brown sugar
- $\frac{1}{4}$ cup (31 grams) all-purpose flour
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon ground nutmeg
- 3 tablespoons (42 grams) unsalted butter, cubed

1. In a small bowl, whisk together pecans, oats, brown sugar, flour, salt, and nutmeg. Using a pastry blender, cut in butter until pea-size crumbs remain. Squeeze mixture into small and large clumps. Refrigerate in an airtight container for up to 3 days.

VANILLA GLAZE

Makes about $\frac{1}{2}$ cup

- 2 cups (240 grams) confectioners' sugar
- 3 tablespoons (45 grams) whole milk, room temperature
- 1 teaspoon (4 grams) vanilla extract
- $\frac{1}{4}$ teaspoon kosher salt

1. In a small bowl, whisk together all ingredients until smooth. Use immediately.

HUMMINGBIRD PIE

Makes 1 (9-inch) pie

If the Hummingbird Bundt Cake is the classic's carefree cousin, then this pie is the charming debutante sister: elegant and homey with just the right amount of sass. Billowy peaks of homemade Buttermilk Whipped Cream blanket a silky yellow custard, the ideal treat for those balmy evenings characteristic of summertime in the South.

- 1 $\frac{1}{2}$ cup (240 grams) coconut milk, room temperature
- 1 $\frac{1}{2}$ cup (240 grams) pineapple juice
- 4 large egg yolks (74 grams), room temperature
- 1 large egg (50 grams), room temperature
- $\frac{1}{4}$ cup (100 grams) granulated sugar
- 3 tablespoons (24 grams) cornstarch
- $\frac{1}{4}$ teaspoon (1.5 grams) kosher salt
- 2 tablespoons (28 grams) unsalted butter, cubed
- 2 tablespoons (30 grams) light rum
- 3 medium bananas (282 grams), sliced $\frac{1}{4}$ inch thick

Pecan Piecrust (recipe follows)

Buttermilk Whipped Cream (recipe follows)

- 1.** In a medium saucepan, heat coconut milk and pineapple juice over medium heat, stirring frequently, just until bubbles form around edges of pan (do not boil). Remove from heat.
- 2.** In a medium bowl, whisk together egg yolks, egg, sugar, cornstarch, and salt. Gradually add hot milk mixture to egg mixture, whisking constantly. Return mixture to saucepan, and cook, whisking constantly, until thickened. Pour through a fine-mesh sieve into a medium bowl, discarding solids. Stir in butter and rum until butter is melted. Cover with a piece of plastic wrap, pressing wrap directly onto surface of cream to prevent a skin from forming. Refrigerate overnight.
- 3.** Place banana slices in two even layers in bottom of prepared Pecan Piecrust. Pour pineapple-coconut cream over banana slices, smoothing top with an offset spatula. Refrigerate for 1 to 2 hours. Top with Buttermilk Whipped Cream before serving.

PECAN PIECRUST

Makes 1 (9-inch) crust

- 1 $\frac{1}{2}$ cups (188 grams) all-purpose flour
- $\frac{1}{4}$ cup (57 grams) pecan halves
- 1 $\frac{1}{2}$ teaspoons (6 grams) granulated sugar
- 1 teaspoon (2 grams) ground cinnamon
- $\frac{1}{4}$ teaspoon (1.5 grams) kosher salt
- $\frac{1}{4}$ teaspoon (1 gram) ground nutmeg

- $\frac{1}{2}$ cup (113 grams) cold unsalted butter, cubed
- $\frac{1}{4}$ cup (60 grams) ice water

- 1.** In the work bowl of a food processor, place flour, pecans, sugar, cinnamon, salt, and nutmeg; process until combined. Add cold butter, and pulse until mixture is crumbly. With processor running, add $\frac{1}{4}$ cup (60 grams) ice water in a slow, steady stream just until dough comes together. (Mixture may appear crumbly. It should be moist and hold together when pinched.) Shape dough into a disk, and wrap tightly in plastic wrap. Refrigerate for at least 30 minutes.
- 2.** On a lightly floured surface, roll dough into a 12-inch circle. Transfer to a 9-inch pie plate, pressing into bottom and up sides. Trim excess dough to $\frac{1}{2}$ inch beyond edge of plate. Fold edges under, and crimp as desired. Using a fork, prick bottom of crust. Freeze for 20 minutes.
- 3.** Preheat oven to 350°F (180°C).
- 4.** Top dough with a piece of parchment paper, letting ends extend over edges of plate. Add pie weights.
- 5.** Bake until edges are set and golden, 15 to 20 minutes. Carefully remove paper and weights. Bake until bottom of crust is lightly golden, about 10 minutes more. Let cool completely.

BUTTERMILK WHIPPED CREAM

Makes about 1 $\frac{1}{2}$ cups

- 1 cup (240 grams) heavy whipping cream, room temperature
- $\frac{1}{2}$ cup (120 grams) whole buttermilk, room temperature
- 2 tablespoons (24 grams) granulated sugar
- $\frac{1}{4}$ teaspoon kosher salt

1. In the bowl of a stand mixer fitted with the whisk attachment, beat all ingredients at medium-high speed until stiff peaks form, 2 to 3 minutes. Use immediately. 





the essential...

SOUTHERN BISCUITS

DROP. ROLL-OUT. ANGEL. THREE TIME-HONORED SOUTHERN BISCUITS GET THE ESSENTIAL TREATMENT, WITH A MASTER CLASS ON THE BEST INGREDIENTS, METHODS, AND TECHNIQUES BAKED RIGHT IN.

BY KYLE GRACE MILLS



There's a romantic ideal of biscuit-making that most Northerners, and even some Southerners, have set in their imaginations. An elderly woman, inevitably somebody's grandmother, elbows deep in the process of mixing her biscuits, cutting them with a glass, baking them without a timer, serving them piping hot to a table packed with greedy guts. It's the Disney version of Southern biscuit-making and, while cute, doesn't do the real thing justice.

Southern biscuit-baking is a study in obsession, a relentless trial-and-error revolving around several simple ingredients and one perfect, golden quick bread. That Southern bakers make it look so easy is a part of the trademark. Fear not. Our essential primer rounds up the best Deep South wisdom to baking three biscuits central to the Southern repertoire. Because when it comes to biscuit-making, knowledge—and practice—is power.



THE DROP BISCUIT

Southern Semantics The most efficient variety of biscuits, the drop biscuit is a no-cut, 20-minutes-or-less quick bread that Southerners have been making since baking powder became readily available in the late 1800s. Bakers quickly mix up a batter, drop their biscuits on to a sheet, and bake it off. As long as people continue to crave scratch baking on demand, the drop biscuit will remain a treasured part of the biscuit wheelhouse

DROP BISCUITS

Makes 11

This recipe is a breezy wonder, with craggy peaked tops that offer a bit of crunch with the signature soft interior. The final brush with butter? Consider that its brush with greatness.

- ½ cup (113 grams) cold unsalted butter**
- 1¾ cups (219 grams) all-purpose flour**
- 1½ cups (187 grams) cake flour**
- 2 tablespoons (24 grams) granulated sugar**
- 1 tablespoon (15 grams) baking powder**
- 1 teaspoon (3 grams) kosher salt**
- 1¾ cups (420 grams) whole buttermilk, chilled**
- 2 tablespoons (28 grams) salted butter, melted**

- 1.** Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper
- 2.** Using a bench scraper, cut cold unsalted butter into cubes, and freeze until ready to use
- 3.** In a large bowl, stir together flours, sugar, baking powder, and salt. Place three-fourths of flour mixture in the work bowl of a food processor; add cold butter, and pulse until mixture is crumbly with some pea-size pieces of butter remaining. Return mixture to large bowl, and stir to combine with remaining flour mixture. (Alternatively, cut cold butter into flour mixture using a pastry blender.) Add cold buttermilk, stirring just until combined. (Dough will be sticky and wet.)
- 4.** Using a ¼-cup measuring cup, scoop dough, and drop 2 inches apart onto prepared pan. Brush top of biscuits with melted, salted butter.
- 5.** Bake for 8 minutes. Reduce oven temperature to 375°F (190°C), and bake until golden brown, 8 to 10 minutes more. Remove from oven, and brush with melted butter. Serve hot

DROP BISCUIT HALL-OF-FAME: SUZANNE VIZETHANN

Buttermilk Kitchen, Atlanta, Georgia

Suzanne Vizethann's enormous drop biscuits have gained a following in no small part thanks to her secret ingredient: She churns her own butter for the restaurant, creating fresh buttermilk to use in the biscuits

buttermilkkitchen.com; 678-732-3274

Handle Your Dough



Once the buttermilk is just incorporated into the dough, stop all mixing to keep from producing excess gluten. This sticky, shaggy appearance is what you're looking for.



Using a well-greased ¼-cup measuring cup (or equally sized spring-loaded cookie scoop), gently scoop and drop dough 2 inches apart onto a baking sheet. If you place them any closer together, your biscuits will merge to create one megabiscuit.



THE ROLL-OUT BISCUIT

Southern Semantics: Like the drop biscuit, the roll-out biscuit refers to the overall method of creating these biscuits; you roll them out, punch them out, and bake. Roll-out biscuits have a thousand different variations, but the classic buttermilk is perhaps the one that most often comes to mind. Of all the Southern biscuits, this is the grande dame of them all.

ROLL-OUT BISCUITS

Makes 12

We took the formula for a roll-out buttermilk biscuit one step further and threw in a flaky twist. A quick brush with buttermilk and a tri-fold of the dough creates light layers in this golden biscuit, making it perfect to split open and butter.

- 1½ cups (340 grams) cold unsalted butter
- 2½ cups (313 grams) all-purpose flour
- 2½ cups (312 grams) cake flour
- ¼ cup (50 grams) granulated sugar
- 3½ tablespoons (52.5 grams) baking powder
- 4 teaspoons (12 grams) kosher salt
- 2 cups (480 grams) plus 2 tablespoons (30 grams) whole buttermilk, chilled and divided
- 2 tablespoons (28 grams) salted butter, melted

1. Line a baking sheet with parchment paper.
2. Using a bench scraper, cut cold unsalted butter into cubes, and freeze until ready to use.
3. In a large bowl, stir together flours, sugar, baking powder, and salt. Place three-fourths of flour mixture in the work bowl of a food processor; add cold butter, and pulse until mixture is crumbly with some pea-size pieces of butter remaining. Return mixture to large bowl, and stir to combine with remaining flour mixture. (Alternatively, cut cold butter into flour mixture using a pastry blender.) Add 2 cups (480 grams) cold buttermilk, stirring just until combined.
4. Turn out dough onto a heavily floured surface, and pat into a 15x6-inch rectangle. Brush dough with remaining 2 tablespoons (30 grams) cold buttermilk. Fold dough into thirds. Reflour work surface, and roll dough to 1-inch thickness. Using a 2½-inch round cutter dipped in flour, cut dough without twisting cutter. (Since this dough is laminated, it cannot be rerolled like normal roll-out biscuits. The rerolls will not match the final product from the first roll.) Place biscuits about ½ inch apart on prepared pan. Refrigerate for at least 30 minutes.
5. Preheat oven to 375°F (190°C).
6. Brush top of biscuits with melted, salted butter, and bake until golden brown, 16 to 18 minutes. Remove from oven, and brush with melted, salted butter. Serve hot.

ROLL-OUT BISCUIT HALL-OF-FAME: JOHN CURRENCE

Big Bad Breakfast, Oxford, Mississippi

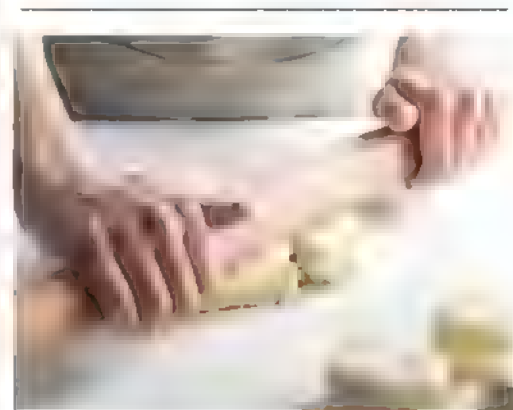
Known as a lard expert, John Currence combines butter, lard, and buttermilk in his roll-out biscuits for one decidedly decadent quick bread. The other thing that sets his biscuits apart? Their jumbo-bordering-on-cathead size.

bigbadbreakfast.com; 662-236-2666

Handle Your Dough



After brushing your dough with 2 tablespoons (30 grams) buttermilk, gently fold dough into thirds, like a letter. This creates some light layering, not a complete lamination but enough to make a flaky biscuit.



On a well-floured surface, with a well-floured rolling pin, roll out dough. Keep in mind that the dough is sticky, so you'll want to make sure every surface and tool is well coated in flour.



Using a simple, straight up-and-down motion, punch out biscuit rounds. Twisting the biscuit cutter seals the dough off and will keep it from rising to the heights you want it to.



THE ANGEL BISCUIT

Southern Semantics: With three leavening agents—yeast, baking powder, and baking soda—you can guess how this light, heavenly biscuit got its name. Like a cross between a dinner roll and a biscuit, angel biscuits were sometimes called brides biscuits because they were so foolproof even a new bride could bake them

ANGEL BISCUITS

Makes 11

A cross between a buttermilk biscuit and a Parker House roll, these Angel Biscuits will impress any and all at the dinner table. With its pillowy softness and golden buttery top, take one bite and you'll never question its name again.

- ¼ cup (57 grams) all-vegetable shortening**
- ¼ cup (57 grams) cold unsalted butter**
- 2 tablespoons (28 grams) warm water (105°F/40°C to 110°F/43°C)**
- 1 teaspoon (3 grams) active dry yeast**
- 2 tablespoons (24 grams) granulated sugar**
- 1½ cups (188 grams) all-purpose flour**
- 1¼ cups (156 grams) cake flour**
- 2 teaspoons (6 grams) kosher salt**
- ¼ teaspoon (2.5 grams) baking powder**
- ¼ teaspoon (1.25 grams) baking soda**
- 1 cup (240 grams) whole buttermilk**
- 2 tablespoons (28 grams) salted butter, melted**

1. Line a baking sheet with parchment paper.
2. Using a bench scraper, cut shortening and cold unsalted butter into cubes, and freeze until ready to use.
3. In a small bowl, stir together 2 tablespoons (30 grams) warm water and yeast until yeast is dissolved. Stir in sugar, and let stand until mixture is foamy, about 5 minutes.
4. In a medium bowl, whisk together flours, salt, baking powder, and baking soda. Place three-fourths of flour mixture in the work bowl of a food processor; add cold shortening and cold butter, and pulse until mixture is crumbly with some pea-size pieces of butter remaining. Return mixture to large bowl, and stir to combine with remaining flour mixture. (Alternatively, cut cold shortening and cold butter into flour mixture using a pastry blender.) Add yeast mixture and buttermilk, stirring just until dry ingredients are moistened. Cover and refrigerate for 1 hour.
5. Turn out dough onto a lightly floured surface, and knead 4 or 5 times. Pat dough to ¾-inch thickness. Using a 2½-inch round cutter, cut dough, re-patting scraps only once. Place on prepared pan. Cover and let rise in a warm, draft-free place (75°F/24°C) until puffed, about 1 hour.
6. Preheat oven to 375°F (190°C).
7. Brush biscuits with melted, salted butter, and bake until golden brown, 12 to 15 minutes. Let cool on pan for 5 minutes. Serve warm.

ROLL-OUT BISCUIT HALL-OF-FAME: KARL WORLEY

Biscuit Love, Nashville, Tennessee

Karl Worley took inspiration for his fluffy, buttery angel biscuit from his grandmother's original recipe, served every Easter when he was growing up. In a departure from tradition, Karl starts with melted butter instead of cutting in cold butter, creating biscuits that lean toward cakey.

biscuitlove.com; 615-490-9584

Handle Your Dough



A rest in the refrigerator allows the dough to get a nice flavor boost from the yeast. The warm rise allows the yeast, baking powder, and baking soda to activate, creating a nice puff.



Brushing your biscuits with salted butter gives your biscuits a crisp, golden top and an additional hit of salt.

SOUTHERN BISCUIT FACT CHECK

ANY SOUTHERNER WORTH THEIR SALT KNOWS THAT BISCUIT-MAKING—AND TRADITIONAL HEIRLOOM BAKING IN GENERAL—CONTAINS A SPECIAL BLEND OF LORE, SUPERSTITION, AND TRIED-AND-TRUE GENIUS. WE INVESTIGATE THE POPULAR SOUTHERN BISCUIT THEORIES, SEPARATING FACT FROM FICTION AND FINDING THE GENUINE WISDOM IN BETWEEN.

The Claim: BISCUIT-MAKING IS A HANDS-ONLY EXPERIENCE; FORGET PASTRY BLENDERS, FOOD PROCESSORS, OR EVEN BISCUIT CUTTERS.

The Truth: The hands-only method is born of tradition but doesn't necessarily help you create great biscuits. Flaky, golden biscuits need cold, just-formed dough, which requires fast, gentle work. We find that food processors, biscuit cutters, and, occasionally, rolling pins aid us in this regard. Just remember to be mindful: When machines or tools do the work for you, it's easy to lose focus. You can overwork your dough, creating excess gluten and tough biscuits.



The Claim: A REAL SOUTHERN BISCUIT IS MADE WITH BUTTER/SHORTENING.

The Truth: The fat debate runs deep with Southerners. But it comes down to two opposing forces: taste and texture. Shortening has a high melting point and is 100% fat, both of which contribute to making superior fluffy, tender biscuits. Though butter is only 80% fat, it beats bland shortening in the flavor department by a mile. We tend to throw our lot into the butter party. Texture can be hacked, but there's no faking that rich butter taste. For those unwilling to make the arduous choice, you can do a combination of both shortening and butter to form a fabulous biscuit (like our Ange Biscuits, page 96).



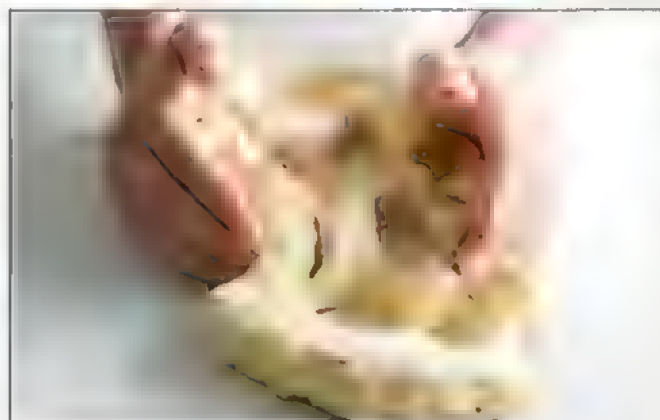
The Claim: BAKE WITH SOFT SOUTHERN WHEAT FLOUR, OR DON'T BAKE AT ALL.

The Truth: Seasoned biscuit bakers are partial to the soft wheat flours like Martha White and White Lily, and not just because they're venerable Southern brands. Soft Southern wheat has a lower protein level than other wheat types, which creates less gluten and a more tender baked good. Because these Southern brands can be hard to locate outside the South, we found a quick dupe for our three recipes: blend all-purpose and cake flour. This combo yields enough protein to create a sturdy biscuit, but with the tender crumb expected from soft Southern wheat flour.



The Claim: UNLESS YOU WANT TOUGH BISCUITS, NEVER REROLL YOUR DOUGH.

The Truth: Working the dough too much encourages gluten production, leading to tougher biscuits. However, rerolling or reshaping the dough a couple of times won't hurt it. Unless you're working with a laminated biscuit recipe that depends on maintaining hard-won layers (like our Roll-Out Biscuits, page 94), feel free to give it another roll.



The Claim: IF IT DOESN'T HAVE BUTTERMILK, IT'S NOT A SOUTHERN BISCUIT.

The Truth: It's almost impossible to imagine Southern baking without buttermilk. The one-two punch of acidic tang and rich butterfat is a cherished feature of many Southern biscuits but not all. Some, like cream biscuits, sub in heavy whipping cream or even plain milk as their main liquid—and these make truly good biscuits. But for the best Southern biscuit, it's worth the trouble to track down high-quality, full-fat buttermilk. All three of our biscuits contain the powerhouse ingredient and would be all the sorer without it.



The Claim: IT TAKES YEARS AND YEARS TO MAKE THE PERFECT SOUTHERN BISCUIT.

The Truth: It takes years and years to make your perfect Southern biscuit. Each one of these biscuits is fabulous—but you still might find a way to make it more of your own. Make it saltier, make it a cathead (see Note, page 99), make it square, etc. Consider your biscuit your own slice of heaven. It's unique to you and relies on your imagination, experimentation, and time.





MAKE IT A CATHEAD

A cathead biscuit isn't a specific type of biscuit; it refers only to size (as in biscuits the size of a cat's head). If you're looking to go cathead-big with your biscuits, use a $3\frac{1}{2}$ -inch biscuit cutter or shape by hand.



10 SOUTHERN BAKERS YOU SHOULD KNOW



MEET THE TEN STANDOUT
BAKERS WHO ARE FLIPPING THE
SCRIPT ON SOUTHERN BREAD
AND DESSERTS, INTRODUCING
NEW FLAVORS, TECHNIQUES,
AND CULTURES TO THE
TRADITIONAL DIXIE FORMULA

BY SOPHIA JONES AND KYLE GRACE MILLS



Dolester Miles

Highlands Bar & Grill | Birmingham, Alabama

Once the consummate unsung hero of Southern pastry, Dolester Miles crafted world-class pastry for over 30 years before nabbing her first James Beard Award nod. Now that the long overdue accolades are pouring in, Birmingham locals can take pride in what they've long suspected is true: They possess one of the greatest pastry talents not only in the South but in the United States. Dol, as her friends lovingly call her, is a homegrown talent, taught at her mother's Alabama table how to whip a fluffy meringue, cream butter and sugar, and bring together a to-die-for piecrust. Since 1982, she's been shining at chef, restaurateur Frank Stitt's three Birmingham institutions: Highlands Bar & Grill, Chez Fonfon, and Bottega. Dol creates masterful pastries and indulgent homespun desserts, like a delicate trio of profiteroles draped in chocolate sauce or Vanilla Bean Crème Caramel. As long as it adheres to the rule of seasonality, Dol can meet any pastry challenge, whether it's perfecting the classic Southern pound cake or executing a traditional French dacquoise.

BEST BITE: Coconut Pecan Cake, a nutty, tropical classic that pops up on the menu all season long

FOLLOW: highlandsbarandgrill.com @highlandsbarandgrill



Carla Tomasko

Bacchanalia | Atlanta, Georgia

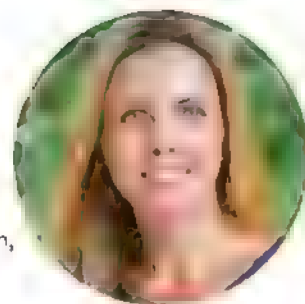
A dinner at Atlanta's Bacchanalia is a four-course riot of incredible food. It's easy to get carried away with the onslaught of foie gras, dry-aged beef tartare, and perfectly seared honey lavender duck. Yet rising above the noise are pastries by Carla Tomasko. Carla shows a knack for unusual but ingenious pairings, like the divine yet wicked decision to couple her crisp pain au chocolat with bourbon-frothed milk or the earthy pairing of chocolate cake with olive oil ice cream. Traces of her own Ecuadorian upbringing often slip into her creations, like her coconut- and cayenne-infused clementine soufflé and a creamy tres leches cake with sweet Southern strawberries. Overall, Carla isn't confined by any one source of cultural inspiration, and her worldly take on pastry is proof of that.

BEST BITE: Sourdough Beignets, a twist between French patisserie and American bread that creates one tangy, puffy pastry

FOLLOW: starprovisions.com/bacchanalia | [@carlatomasko](https://www.instagram.com/carlatomasko)

Carrie Morey

Callie's Hot Little Biscuit | Charleston, South Carolina and Atlanta, Georgia



In the South, we take our biscuits as seriously as we take good manners, so our adoration for Carrie Morey should be self-explanatory. The entrepreneurial mom of three has built a biscuit empire on the foundation of her mom Callie's original recipe and her own by-hand method. Carrie launched Callie's Charleston Biscuits in 2005 to sell her buttermilk biscuits online and wholesale. In 2014, she founded the first grab-and-go restaurant Callie's Hot Little Biscuit in Charleston, where her team cranks out thousands of authentic handmade biscuits daily. With biscuits sold in cafés and grocery stores from California to Connecticut, Carrie is sustaining and spreading the Southern biscuit-making tradition nationwide. The secret to these biscuits favored by the likes of Oprah? Carrie never strays from her mom's golden recipe, making each biscuit with extra butter and cream cheese, ensuring that every buttery bite of gold gets the TLC it deserves.

BEST BITE: Confetti Biscuit, a secret-menu, rainbow sprinkle-filled treat that has the taste of cake with the texture of a biscuit

FOLLOW: calliesbiscuits.com

[@calliesbiscuits](https://www.instagram.com/calliesbiscuits) | [@callieshotlittlebiscuit](https://www.instagram.com/callieshotlittlebiscuit)





Justin Burke-Samson

Kindred Restaurant Davidson, North Carolina

Splitting his sweet skills between Kindred Restaurant in Davidson and the new venture Hello, Sailor in Cornelius, North Carolina, Justin Burke-Samson is a pastry chef who plays with his food. Take his whimsical recipe for Blueberry Masa Upside-Down Cake, a blend of Southern cornmeal and ripe blueberries with a surprising topping of floral hibiscus powder and tangy buttermilk ice cream. It's upscale comfort with a sly wink at tradition, nixing the stuffiness but keeping the humble joy. Poke cakes, icebox pies, and even the crushed Oreo-and-pudding classic Dirt Cups can be found in his repertoire, with no throwback too old to be reinvented. Don't be fooled by the cute nostalgia, though. His recipes are a lesson in refined taste—just with a warm, sentimental heart at its center.

BEST BITE: Milk Bread Pudding, just one of his many creations that makes use of rich, fluffy Japanese Milk Bread as its base and the South's obsession for bread pudding as its inspiration.

FOLLOW: kindreddavidson.com @justinbsamson

Cynthia Wong

Butcher & Bee Charleston, South Carolina

Southern-born and French-trained, Cynthia Wong is dialing up the surprise factor of pastry in the South. After inspiring cult loyalty for her baked goods at Cakes and Ale in Atlanta, Georgia, Cynthia has settled into her home city of Charleston as the head pastry chef at Butcher & Bee where she continues to serve up exciting flavor pairings. She's introduced diners to the nutty charm of Pink Lady Tarte Tatin set in a black sesame puff pastry, the tart magic of pickled blueberries with Lemon Semolina Cake, and the complementary smokiness of Lapsang Souchong tea in the Smoky Chocolate Tartlet. Cynthia is also lauded for her dead-simple triumphs, like her delicately crisp pita topped with whipped feta and honey. For this pastry chef, even the small projects deserve perfection.



BEST BITE: Phatty Cakes, ginger cookies with a vanilla mascarpone filling that perfectly capture her comforting, unaffected style of pastry

FOLLOW: butcherandbee.com @cynthiawongster





Amanda Faber

Cake Artist and *Flour Hour* Podcast Cohost | Atlanta, Georgia

The South produces some of the best home bakers in the world, so we weren't surprised when Atlanta-based stay-at-home mom Amanda Faber won the second season of *The Great American Baking Show*. This victory was the final push she needed to launch her own mail-order baking business. In record time, Amanda has transcended her title of superior amateur baker to a promising, up-and-coming professional. With the likes of Matisse, Pollack, and Warhol acting as inspiration, Amanda treats her cake like canvas, creating technicolor buttercream designs with a level of imaginative sophistication you'd expect from MoMA, not a home-based catering service. Amanda now brings her Southern charm and baking prowess to the influential baking podcast realm with *Flour Hour*, a show she co-hosts with fellow *GABS* alum Jeremiah Duarte Bills

BEST BITE: Coconut Orange Dream Cake, a dreamsicle in cake form that includes vanilla cake slathered in orange cream frosting and topped with toasted coconut fluff (recipe available on amandaefaber.com).

FOLLOW: amandaefaber.com @amandaefaber

Phoebe Lawless

Scratch Bakery | Durham, North Carolina

What makes Phoebe Lawless's pies so special? On the golden, flaky surface, they appear like any other buttery pastry you can find at a number of bakeries in the South. But one bite into her Shaker Lemon Pie, with its rich double crust and rinds-and-all macerated lemon filling, and you know you've tasted true treasure. At Scratch Bakery in Durham, Phoebe offers pies, pastries, and cakes that respect a Southern ideal of frugality and seasonality. Her rotating selection of chess pies—running the gamut from peanut butter to chocolate to buttermilk—offers a glimpse of her pantry sensibility while her inspired treats like her Peanut-Muscadine Tart and Blackberry Malted Cream Pie show her creative respect for local and in-season ingredients.



BEST BITE: Shaker Lemon Pie, a sweet and sour pie that pairs a tart, marmalade-like lemon filling with an all-butter double piecrust

FOLLOW: piefantasy.com | @scratchdurham



Lisa Marie White

Thompson Nashville Nashville, Tennessee

Lisa Marie White is quickly becoming queen of the Music City dessert scene. After helping establish New Orleans' award-winning Willa Jean Bakery, Lisa moved to Nashville in 2017 to build the pastry and bread programs at the ultra-chic Thompson Nashville's three food and beverage concepts: seafood restaurant Marsh House, neighborhood coffee and pastry shop Killebrew, and L.A. Jackson, the hotel's swanky rooftop restaurant and bar. As the boutique hotel's executive pastry chef in residence, Lisa brings some "sexy" to Southern comfort-inspired baked goods. Every one of her tender, laminated buttermilk biscuits is a square-shaped, multilayered masterpiece. With game changers like Bourbon Banana Mousse (a cross between bananas Foster and banana pudding), Marsh House's dessert menu is pure poetry. At L.A. Jackson, Lisa offers an assortment of playful ice cream sandwiches, including Drop the Mic, a cold mash-up of Oreos, ice cream, and whoopie pie.

BEST BITE: Cast Iron Cinnamon Roll, served at Killebrew daily and at Marsh House on weekends, pillowy perfection drizzled with tangy glaze made with buttermilk from Cruze Farm Dairy in Knoxville, Tennessee

FOLLOW: thompsonhotels.com
[@pastrygirlisa](https://www.instagram.com/pastrygirlisa)



Evrin Dogu & Evin Dogu

Sub Rosa Bakery Richmond, Virginia

For Evrim and Evin Dogu, baking is a family affair. The brother-sister team behind Sub Rosa Bakery fills their wood-fired spot with pastries and bread that recall the Old-World baking of their Turkish heritage, like savory *boreks*, Turkish pastries filled with lamb, or their take on their grandmother's *pogaca*, a shortbread biscuit packed with onion, potato, and feta and folded like an empanada. Receiving equal fanfare is their commitment to fresh—like flour milled by hand in the bakery—and locally sourced ingredients. Their bakery is a twofold gift to the Southern community, bringing artisan baking to Richmond and supporting local farmers. The love is mutual. After a devastating fire in 2013 destroyed the original bakery, devoted fans raised nearly \$30,000 to help rebuild, a testament to the South's deep-seated respect for good people and great bread.

BEST BITE: Lamb Borek, a savory pastry that blends their Turkish upbringing, French patisserie technique, and locally sourced Southern produce.

FOLLOW: subrosabakery.com | [@subrosabakery](https://www.instagram.com/subrosabakery)

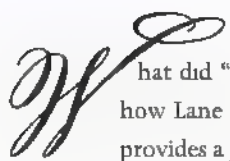
origin of a classic

Lane Cake



HOW A DECADENT LAYER CAKE WENT
FROM HYPER-LOCAL LEGEND TO A
KEystone OF SOUTHERN BAKING

BY JULIA BANBRIDGE
RECIPE DEVELOPMENT AND FOOD STYLING BY
ELIZABETH STRINGER
STYLING BY MARY BETH JONES



hat did “going viral” look like in the early 20th century? The story of how Lane Cake became a critical part of the deep Southern vernacular provides a good case study.

Turn back the clock to 1898, when a woman named Emma Rylander Lane self-published a cookbook, *A Few Good Things to Eat*, containing a recipe for “Prize Cake.” Its standout feature was its filling, a rich mixture of egg yolks, sugar, butter, seedless raisins, bourbon, and vanilla extract that signaled it was meant to be enjoyed during the winter holidays. And while, yes, it was decadent, it was also economical as its four layers of sponge cake were made with egg whites left over from separating out the yolks for that custard-like filling. To finish, a boiled white frosting to conceal the marvels inside

Some years before that, Lane, whom the *Georgia Entertains* cookbook called “a beautiful, young mother of four,” traveled from her home in Clayton, Alabama, to Columbus, Georgia, so that the bourbon-laced layer cake might compete in the state fair. It won first place—hence the name—and it won Mrs. Lane some attention. “The fact that she won and that she was from that little town was a big deal,” says Anne Byrn, author of *American Cake*. “So, she probably would have been written about—and certainly talked about.”

Whether or not Lane was the architect of the recipe is unclear, but she can be credited with setting it on its path to fame. (This is the power of publishing as well as the gift of leisure time that affords someone entrance in a baked good competition some 60 miles away from her kitchen.) Successive printings of her book show a title change to *Some Good Things to Eat* as well as a recipe name change to “Lane Cake.” The latter was done “not by my own conceit,” wrote Lane, “but through the courtesy of Mrs. Janie McDowell Pruett of Eufaula, Alabama.”

Between then and World War II, Lane Cake became the dish without which—for many Southerners from Mississippi, Alabama, and parts of Georgia—holidays wouldn’t be complete. “My ex-partner would’ve had a stroke if he couldn’t eat Lane Cake at Christmas,” says food historian and author Damon Lee Fowler. “One of the hardest things about that relationship ending was losing my mother-in-law, who made the Lane Cake. She was from Talladega, Alabama, and boy, was hers boozy. It was so good.”

So, the formula for recipe virality in the early 20th century: deliciousness, competitive success, the ability to print, and a handful of decades. (Not exactly the rapid circulation of today!) Timing didn’t hurt. These were the layer cake’s glory days, from the 1890s to the 1940s, because home cooks now had reliable cast-iron stoves and ovens, and they were convinced to use them as baking powder companies were spending money to advertise in ladies’ magazines.

“Another factor in the popularity of these cakes was that there were a lot of free cooking schools,” says Anne. “Gas companies were trying to sell the new gas ranges, so teachers would come through town and show ladies how to bake something a little out of the ordinary that made a good show and had a story behind it.” Something just like Lane Cake.



By the 1920s and '30s, whether or not people living in that region of the South knew who Lane was, they knew what Lane Cake was—and they had made it their own. Some iced the exterior with more of the filling, and some cooked a white icing like in the original. Some made a white sponge cake, and others made a golden batter. Some used bourbon or brandy, some used wine, and some teetotaling families opted for grape juice. Some put dates into the mix instead of raisins, and the late Mary Jim Merrill Pianowski, who lent her Lane Cake recipe to Anne for her

book, added maraschino cherries. Most versions of the recipe agree that the cake should be made in advance to let the flavors mellow, but how far in advance is up for debate. Pecans and freshly grated coconut have become musts

Alabama claimed Lane Cake as its official state cake just two years ago, but perhaps the ultimate tribute to Lane Cake—the one that introduced this hyper-local delicacy to an international audience—is that it appears in *To Kill a Mockingbird*. Author Harper Lee, who grew up three hours away from Clayton in the 1930s and '40s, has the Finch family's neighbor Maudie Atkinson bake a Lane Cake "so loaded with shunny," as narrator Scout puts it, "it made me tight." (Another popularity point: Tucking a little liquor into your dessert sure is fun.)

That some Southerners consider Lane Cake iconic and some have never heard of it is part of the beauty and complexity of Southern food. "In a time when so much is watered down and blurred, I like that Lane Cake is still specific to a particular place," says Scott Peacock, an Alabama-born chef and champion of Southern food in all its diversity. He says that even growing up in Hartford, Alabama, he came to realize that Lane Cake wasn't part of every family's holiday table in elementary school. "As a child, that made me uneasy, the way being different often does at that age. Now, I am proud of the distinction," he says.

"More than anything else I know," he continues, "remembering that sideboard of cakes from 50 years ago—Lane Cake most of all—evokes and conjures vivid the memory of my early self and all those people, now mostly gone, who made me."



Lane Cake

Makes 1 (9-inch) cake

With cooked raisins, coconut, and pecans, this cake's traditional filling tends to be dark and overly sweet. To brighten the color and flavor, we used a combination of golden raisins and dried cherries instead of regular raisins. Brushing Bourbon Simple Syrup on the cake layers before frosting and adding a touch of bourbon to the frosting heightens the aromatic boozy flavor the cake is known for without overpowering it.

1 cup (227 grams) unsalted butter, softened
2½ cups (450 grams) granulated sugar
1 teaspoon (4 grams) vanilla extract
½ teaspoon (2 grams) almond extract
3½ cups (437 grams) cake flour
1 tablespoon (15 grams) baking powder
¼ teaspoon kosher salt
1 cup (240 grams) whole buttermilk
8 large egg whites (240 grams)
Bourbon Simple Syrup (recipe follows)
Lane Cake Filling (recipe follows)
Lane Cake Frosting (recipe follows)

1. Preheat oven to 350°F (180°C). Butter and flour 3 (9-inch) round light-colored cake pans.
2. In the bowl of a stand mixer fitted with the paddle attachment, beat butter and sugar at medium speed until fluffy, 3 to 4 minutes, stopping to scrape sides of bowl. Beat in extracts.
3. In a medium bowl, whisk together flour, baking powder, and salt. With mixer on low speed, gradually add flour mixture to butter mixture alternately with buttermilk, beginning and ending with flour mixture, beating just until combined after each addition. Transfer batter to a large bowl; set aside.
4. Clean bowl of stand mixer. Using the whisk attachment, beat egg whites at high speed until stiff peaks form. Gently fold egg whites into batter in thirds. Divide batter among prepared pans.
5. Bake until a wooden pick inserted in center comes out clean, 18 to 20 minutes. Let cool in pans for 10 minutes. Remove from pans, and let cool completely on wire racks. While still slightly warm, brush each cake layer with Bourbon Simple Syrup twice. Spread warm Lane Cake Filling between layers, leaving a ¼-inch border. Wrap tightly in plastic wrap, and refrigerate for at least 6 hours or overnight.
6. Spread Lane Cake Frosting on top and sides of cake. Serve within 2 hours. Leftover cake can be stored in an airtight container at room temperature for up to 3 days.

BOURBON SIMPLE SYRUP

Makes about 1 cup

1 cup (200 grams) granulated sugar
½ cup (120 grams) bourbon
½ cup (120 grams) water

1. In a small saucepan, bring all ingredients to a boil over high heat. Reduce heat to low, and simmer for 10 minutes; remove from heat. Let cool completely. Refrigerate in an airtight container for up to 2 weeks.

LANE CAKE FILLING

Makes about 4 cups

1½ cups (170 grams) chopped pecans
½ cup (113 grams) unsalted butter
1¼ cups (250 grams) granulated sugar
8 large egg yolks (149 grams)
1 cup (60 grams) sweetened flaked coconut
½ cup (64 grams) golden raisins
½ cup (64 grams) chopped dried cherries
½ cup (80 grams) bourbon

1. In a medium saucepan, cook pecans and butter over medium heat until butter is melted. Stir in sugar until combined. Stir in egg yolks until well combined; cook, stirring occasionally, until mixture is very thick, 4 to 5 minutes. Remove from heat; stir in coconut, raisins, cherries, and bourbon. Let stand for 5 minutes. Use immediately.

LANE CAKE FROSTING

Makes about 5 cups

2 cups (400 grams) granulated sugar
½ cup (120 grams) water
¼ cup (60 grams) bourbon
6 large egg whites (180 grams)

1. In a medium saucepan, bring sugar, ½ cup (120 grams) water, and bourbon to a boil over high heat. Reduce heat to medium-high, and cook until a candy thermometer registers 248°F (120°C).
2. Meanwhile, in the bowl of a stand mixer fitted with the whisk attachment, beat egg whites at medium-high speed until stiff peaks form. With mixer running, pour hot sugar mixture into egg whites in a slow, steady stream, avoiding whisk. Beat until frosting cools to room temperature and has a spreadable consistency, about 10 minutes. Use immediately. 



cutting in butter

THE BEST WAY TO CREATE TENDER SCONES (PAGE 69), BISCUITS (PAGE 92), AND COBBLER TOPPINGS (PAGE 45)? CUT COLD BUTTER INTO FLOUR UNTIL YOU HAVE PERFECT TINY LUMPS. WE DIVE DEEP INTO THE THREE MAIN METHODS, HIGHLIGHTING THEIR PROS AND CONS.

BY KYLE GRACE MILLS



BY HAND

Method: Begin with cold butter, cold flour, and cold hands (plunged in an ice water bath and dried, if necessary). Slice cold butter into cubes or pats with a sharp knife. Scatter butter over flour in a wide, shallow bowl. Using your thumb and fingertips, rub butter into flour in a snapping motion until all butter pieces are small pea-size lumps and covered in flour.

Pro: This method offers the baker the greatest amount of control in determining the size of their butter pieces, and it's the best way to make sure you're not overworking the dough.

Con: The heat from your hands will threaten softening the cold butter, not to mention the process is the most time-consuming of the three.



BY PASTRY BLENDER

Method: Begin with cold butter, cold flour, and a cold pastry blender (refrigerate, if necessary). Slice cold butter into cubes or pats with a sharp knife. Scatter butter over flour in a wide, shallow bowl. Press down on butter with pastry blender, working up and down until all butter pieces are small pea-size lumps and covered in flour.

Pro: This method allows you to properly control the exact size of the butter lumps without adding heat from your hands.

Con: Because it takes more time to manually slice in the butter, you risk having the butter come to room temperature during the process.



BY FOOD PROCESSOR

Method: Begin with cold butter and cold flour. Slice cold butter into cubes or pats with a sharp knife. Scatter butter over flour in the work bowl of a food processor. Pulse until all butter pieces are small pea-size lumps and covered in flour, 5 to 10 times.

Pro: The fastest, most efficient method of the bunch, processing your butter into the flour ensures even incorporation without bringing the heat of your hands or the room into the equation.

Con: If you're not keeping an eye on it, you can overprocess the mixture and begin to cream it. Once the mixture is overprocessed, you'll be unable to get those ideal lumps of butter back, so be prepared to give this step your undivided attention. ☹

Cutting in butter guarantees that the cold pieces of fat melt in the oven, creating steam, moisture, and, ideally, perfectly flaky layers. Whether using your hands, a pastry blender, or a food processor, the end result of cutting in butter should look like this.



praline pecan BABKA

ONE OF THE SOUTH'S MOST ICONIC CONFECTIONS INSPIRED THIS ISSUE'S RIFF ON
THE TWISTED BREAD WE CAN'T GET ENOUGH OF

PRALINE PECAN BABKA

Makes 1 (9x5-inch) loaf

Developed in the early 19th century in New Orleans, pralines are creamy, cookie-size candies made of brown sugar, butter, and pecans. We commemorate the confection's sweet nuttiness and melt-in-your-mouth magic with a pillowy pecan-laden babka.

- ½ cup (120 grams) warm whole milk (105°F/40°C to 110°F/43°C)**
 - 1¼ teaspoons (3.75 grams) active dry yeast**
 - 2½ cups (313 grams) all-purpose flour**
 - 3½ tablespoons (42 grams) granulated sugar**
 - 2½ teaspoons (6.75 grams) kosher salt, divided**
 - 2 large eggs (100 grams)**
 - 1 large egg yolk (19 grams)**
 - 1 teaspoon (4 grams) vanilla extract**
 - ¾ cup plus 2 tablespoons (198 grams) unsalted butter, softened and divided**
 - 1 large egg white (30 grams)**
 - 1 tablespoon (14 grams) water**
 - 1½ cups (330 grams) firmly packed dark brown sugar**
 - ¾ cup (85 grams) finely chopped pecans**
- Caramel Pecan Glaze (recipe follows)**

- 1.** In a small bowl, stir together warm milk and yeast. Let stand until mixture is foamy, about 5 minutes.
- 2.** In the bowl of a stand mixer fitted with the paddle attachment, combine flour, granulated sugar, and 1¼ teaspoons (5.25 grams) salt. Stir in eggs, egg yolk, and vanilla. With mixer on low speed, gradually add yeast mixture, beating until dough comes together. Increase mixer speed to medium-high, and beat for 5 to 7 minutes. Test dough using the windowpane test (see Pro Tip). If dough is not ready, beat 1 minute more, and test again.
- 3.** Switch to the dough hook attachment. With mixer on medium-high speed, add ½ cup plus 2 tablespoons (141 grams) butter in three additions, letting each addition incorporate before adding the next. Beat until a

smooth and elastic dough forms and pulls away from sides of bowl.

4. Spray a large bowl with cooking spray. Place dough in bowl, turning to grease top. Cover surface of dough with plastic wrap, and let rise in a warm, draft-free place (75°F/24°C) until doubled in size, 1½ to 2 hours.

5. Refrigerate dough for at least 30 minutes. (Alternatively, dough can be made 1 day in advance, and the entire rise may take place in the refrigerator overnight.)

6. Spray a 9x5-inch loaf pan with cooking spray. Line pan with parchment paper, letting excess extend over sides of pan.

7. In a small bowl, whisk together egg white and 1 tablespoon (15 grams) water.

8. On a heavily floured surface, roll dough into 16x12-inch rectangle. Brush edges of dough with egg wash. Spread remaining ¼ cup (57 grams) butter onto dough. In a small bowl, combine brown sugar, pecans, and remaining ½ teaspoon (1.5 grams) salt. Sprinkle sugar mixture over butter, and gently press into dough. Starting with one short side, roll up dough, jelly roll style, and pinch seam to seal. (If dough is getting too warm and difficult to work with, refrigerate for 15 to 20 minutes before proceeding.) Using a bench scraper, trim ends, and cut roll in half lengthwise. Carefully twist dough pieces tightly around each other, pinching and tucking ends to seal. Place in prepared pan, cut sides up. Cover and let rest in a warm, draft-free place (75°F/24°C) for 30 minutes.

9. Preheat oven to 350°F (180°C).

10. Bake for 30 minutes. Cover with foil, and bake until an instant-read thermometer inserted in center registers 190°F (88°C), 30 to 35 minutes more. Let cool in pan for 10 minutes. Using excess parchment paper as handles, remove from

pan, and let cool completely on a wire rack. Drizzle with Caramel Pecan Glaze.

PRO TIP

Test dough for proper gluten development. Pinch off (make sure you don't tear dough) a small piece of dough. Slowly pull dough out from center. If dough is ready, you will be able to stretch it until it's thin and translucent like a "windowpane." If dough tears, it's not ready.

CARAMEL PECAN GLAZE

Makes 1¼ cups

- ¼ cup (57 grams) unsalted butter**
- ¼ cup (110 grams) firmly packed dark brown sugar**
- ¼ cup (120 grams) heavy whipping cream**
- ¼ teaspoon (2 grams) vanilla extract**
- ¼ teaspoon kosher salt**
- ¼ cup (28 grams) chopped toasted pecans**

- 1.** In a medium saucepan, melt butter over medium heat. Add brown sugar; cook for 1 minute, stirring constantly. Add cream, vanilla, and salt, and bring to a boil; boil for 2 minutes, stirring constantly. Remove from heat; stir in pecans. Let cool slightly before using. 



Sprinkle

on the

Sweetness!

Domino® Pourable Brown Sugar

Pours neatly when you need a small amount and the lid snaps closed so the sugar does not get hard.

Domino® Quick Dissolve Superfine Sugar

Dissolves completely in hot or cold drinks so adding sweetness is fast and easy.



Also, try our other convenient sugar canisters.

- Honey Granules
- Maple Flavored Granules



Learn more at
dominosugar.com/flip-top-sugars

Domino Sugar is part of **ASR** GROUP

